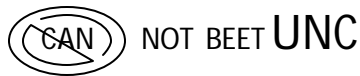


Garden Beet Platter

Prepared by *UNC Executive Chef, Aran Essig CEC, CCA*



Forget the canned beets, try these recipes for fresh beets

Want a great source of Antioxidants that is inexpensive, locally produced, fresh and versatile. Beets are the answer. If you have never tried fresh beets than give them a try. Fresh Beets are nothing like the canned beets or pickled beets you may be familiar with. Fresh beets are tender, flavorful and slightly sweet. Use as an addition to salads, entrees, appetizers and sides. The entire plant is edible from the tops to roots. Beets are also a great source of Vitamin A, Vitamin C, Folate and Fiber.

If you pick up a bunch of beets at the market here is a way you can take that one bunch and cook them in multiple ways to prepare an appetizing and side dish for your next meal.

Braised Beet Greens

Beet Greens are a great source of Vitamin A. Utilizing the entire beet plant provides a source for Antioxidants, Fiber and Folate. By using the greens when you purchase fresh beets you are getting the most out of your food and your pocket book while adding more possibilities to your menu.

Serves 4-6

Approx 1.5 pound Beet Leaves or the tops of 2 bunches of beets with stems

4 strips	Bacon
1 each	Shallot
2 tsp	Garlic
2 fl oz	White Wine
Pinch	Salt
Dash	Pepper

1. Wash leaves in three changes of water or till all dirt is removed.
2. Separate Stems from Leaves. Chop stems.
3. Cut leaves into approx 1 inch pieces.
4. Heat skillet. Render the fat from the bacon till bacon is crispy. Remove Bacon
5. Add the shallot and cook briefly.
6. Add the garlic and stems from the beet leaves sauté briefly
7. Add the wine and simmer for 2 minutes or till stems are tender
8. Add the beet greens and cook down till most of the liquid has been reduced
9. Season with salt and pepper. Garnish with Crisp Bacon

Fresh Boiled Beets

The flavor of fresh cooked beets is a natural balance of sweet and savory, each variety having its own unique combination. Here is a simple recipe to best enjoy the flavors Mother Nature created.

Serves 4-6

1 LB Fresh Beets (Yellow, Red, Orange, Striped)
1 gallon Water
2 TBS White Vinegar
1 TBS Salt

1. Cut the greens from the roots approx 2 inches above the root head. Leave the tap root attached. To best retain a beets color, it is important that the skin remain intact.
2. Carefully wash the root of any excess dirt taking caution not to scrub off or cut the skin of the beet.
3. Place the beets in a pot and cover with water (approx 1 gallon).
4. Add the vinegar and salt to the pot and bring to a simmer. *The acidic Vinegar will help retain the color of beets as they cook.* Simmer till beets are tender. Approx 1.5 hours, depending on the size of the beets
5. Remove the beets from the water and allow to cool slightly.
6. Using a paper towel or rinsing under cold water, remove the skin from the beet.
7. Slice and use in various recipes or enjoy freshly cooked as is
8. You can save the beet juice for use as a natural food coloring, try a soaking hard boiled eggs in the juice for a day or two and see what happens or use the juice to add color to sauces or dressings, or chill it and try using as a drink mixer. It is very high in vitamins.

Tip: *Wearing plastic or disposable gloves when handling beets will prevent fingers from getting stained. If they do get stained rub them with a mixture of salt and water than rub with lemon juice and wash with soap and water.*

Vibrant Beet and Sherry Vinegar Coulis

Some people swear that vinegar is the perfect condiment for beets. The natural combination of sweet and sour. This method is an easy way to use up end pieces of your cooked beets that can add some color and flavor to your plate.

4 OZ Cooked Beets (*peeled*)

1 OZ Sherry Vinegar

Pinch Salt

Dash White Pepper

1. Place beets in a blender or food processor. Add the vinegar and puree till smooth
2. Season with salt and pepper. Use as a colorful sauce for boiled or roasted beets.

Note: *can use this recipe with red, yellow or orange colored beets.*

Roasted Beet Medley w Rosemary and Citrus

The flavors that roasting adds is complimented by the aromas of Garlic, Rosemary and Orange in this colorful combination

Serves 6-8

½ LB Small Yellow Beets

1 LB Small Red Beets

½ LB Small Orange Beets

2 TBS Olive Oil

2 Each Rosemary Sprig

4 Cloves Garlic

1 Each Orange

1 Pinch Kosher Salt

Dash Allspice

1. Wash beets, remove tops and tap root. Peel using a vegetable peeler.
2. Cut beets into large pieces approx 1 inch
3. Toss cut beets with oil and allspice
4. Place the beets on a piece of aluminum foil. Top with orange zest, a sprig of rosemary and a few slices of garlic. Sprinkle with kosher salt. Wrap tightly
5. Place in a 400 degree oven for approx 30 minutes or till beets are tender
6. Remove the foil, rosemary sprig, zest and garlic.
7. Serve hot. Can sprinkle with fresh squeezed orange juice if desired.