



Beets



Beets are a delicious root vegetable with a wonderful earthy flavor and fantastic color that grows in many climates. Although known being deep red, beets come in a rainbow of colors. One of the easiest vegetables to cook with (or use raw), beets are fantastic in a variety of recipes.



Nutrition: Beets are a nutrient packed food and a great source of the following: Manganese, Folate, Potassium, Iron, Vitamin C, Magnesium, Fiber, Vitamin A, Vitamin B (B₁, B₂, & B₆) and Folic Acid.

Selection and handling: If harvesting select beets to the size you desire, leave two inches of stem at the top and do not cut the root off. When selecting from the grocery stores look for the size of beet you want with a damage free skin that is vibrant in color. Large sizes are good for cooking and smaller are better for pickling. When selecting beet greens, choose leaves free of holes and damage, and that look fresh and crisp.

Preservation and storage: Beets can be stored in the crisper for up to 4 weeks. Remove leaves and store beets in a plastic bag in the refrigerator. Remember to leave about two inches of the stem on the beet when storing so the beet does not bleed. You may also freeze, dry or pickle your beets. For information on pickling and other preservation techniques contact your local Extension Services (in Bozeman, MT (406) 994-6775). A great book available in many public libraries: Putting Food By from Plume Books by Janet Greene, Ruth Hertzberg, & Beatrice Vaughan. Also check out the National Center for Home Food Preservation's website:



Delicious Beet Recipes!

Simple Beets

Serves 3-4

1 lb trimmed beets
scrub beets(to remove excess dirt) and trim crown and tail

Boiled: Bring a large pot of water to a boil, salt if desired. Drop unpeeled beets in (whole or sliced) and lower heat to med-low. Simmer until beets are tender when pierced with a thin knife blade, about 30-45 minutes for whole or 15-20 slices. Often over cooked is preferred to under cooked. Drain and place in ice water, drain again and peel whole beets (no need to peel if already sliced.)

Steamed: Place steamer in pot with about one inch of water, put whole or quartered unpeeled beets into the steamer, cover and cook over a steady boil for 25-45 minutes until tender when pierced with a skewer or knife blade. Peel if desired using above techniques.

Microwave: Place unpeeled beets in a microwave safe container with about 2 tablespoons water. Cover and microwave on high for 6 minutes. Shake the container and continue to microwave on high at 2 minutes intervals until tender when pierced with a skewer or knife blade. Peel if desired using above technique.

Roasted: Place unpeeled beets in a pan and bake at 400°G until tender when pierced. Bake 25-60 minutes depending on size.

Baked: Place unpeeled beets in a baking dish with ¼ inch of water. Cover and bake at 375°F. Bake 25-40 minutes depending on size.



Beet Crisps

Serves 4

1lb of beets – trimmed and peeled
3-4 tbsp neutral oil – canola, grape seed, or corn oil
Salt and pepper to taste

1. Preheat oven to 400°F. Lightly grease a few baking sheets.
2. Cut beets in half and then into thin slices (1/8 inch or so). If the beets are small you can just slice them crosswise. It's ok if they're close, but do not let them overlap.
3. Cook in the oven 10-12 minutes. Flip and sprinkle with salt and pepper. Put back in the oven and cook until well browned, about 10 more minutes. Serve Warm

*Mark Bittman's *How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food* from Double B Publishing



Fresh Beet Salad

Serves 4-6

4 Beets – about 1 lb

1-2 Carrots

¼ cup oil – Olive oil or Sesame suggested

2 tbsp Vinegar – Apple cider or Red Wine suggested

Salt & Pepper to taste

1. Wash beets and carrots and grate on the largest side of a grater.
2. In a large bowl toss grated beets and carrots with oil, vinegar, salt & pepper to taste
3. Eat right away or store in the fridge for an hour to increase flavor.
4. Store leftovers in an airtight container, good for up to a week.

Optional additions:

- Fresh (or dried) herbs chopped: Dill, Parsley, Basil or Cilantro.
- Chopped red or green cabbage for a delightful crunch
- Garlic minced
- Cheese – Fetta, bleu cheese crumbles, or grated parmesan
- Soy sauce and sesame seeds





Unbeetable Chocolate Bundt Cake

Serves 8-12

2 Cups pureed cooked beets (about 3 large beets)

2 sticks unsalted butter melted

2 ½ cups sugar

3 eggs

½ Cup warm water

1 ½ Cups whole wheat pastry flour

¾ cups unsweetened cocoa powder

2 tsp baking powder

½ tsp salt

1. Preheat oven to 325°F
2. Combine the melted butter, sugar, eggs and water. Mix until smooth
3. Sift dry ingredients and mix together. Slowly mix the dry ingredients with the butter/egg mixture. Once smooth fold in the beet puree.
4. Bake in a well-greased Bundt or cupcake pan. Bake until a toothpick comes out clean – about 70 minutes for the Bundt pan and 20-25 minutes for the cupcakes.

*Lara Ferroni's cookandeat.com

For Frosting

1 ½ stick butter

¼ Cup beet puree

2 ½ Cups confectioners' sugar (or to taste)

1. Melt 1 stick of butter with beet puree and simmer for 5 minutes. Pour mixture through a fine sieve
2. Cream the ½ stick of butter and add the butter/beet mixtures. Mix until fully combined and then gradually add the sugar until it thickens and becomes smooth

