

BEETROOT

Beetroot, known for its intense, red colour, is a great source of vitamin C, dietary fibre and antioxidants. Grate and use raw in salads, or roast, boil and steam and serve as a nutritious side dish to accompany meat and fish.



Beetroot skin colour can range from intense dark red/purple to pale red.

The vibrant beetroot is a healthy and versatile accompaniment to many meals. In Australia, beetroot is well known as the iconic ingredient of the traditional Aussie version of a hamburger. It is also widely enjoyed fresh in salads or roasted to accompany meat or added to a pasta dish.

Cultivated from the wild beets found around the coasts of Europe, the Middle East and Africa, beetroot is native to the Mediterranean. The early Romans only used the leaves of beetroot, although in our time it is the root that is most often eaten.

The Eastern and Central Europeans love their borscht - a thick soup of cooked beetroots blended with water and other vegetables and spiked with vinegar.

- Roast beetroot with some thyme, crushed cloves of garlic, a grind of salt and a sprinkle of olive oil - toss with feta cheese before serving with grilled meat or fish.
- Don't throw the beetroot leaves away - sauté them with a little garlic and oil and use them in dishes just like you would use silverbeet.
- For a sophisticated, colourful salad - grate raw beetroot and carrot, add finely sliced celery and toasted walnuts and dress with cider vinegar and honey.
- Peeling beetroot and cutting the stem causes the colour to run - use gloves to avoid staining your hands.

Beetroot Dip

Makes 3 cups.

Preheat oven to 190°C.

5 large beetroot

2/3 cup natural yoghurt

1/2 cup low fat cream

1/2 teaspoon cumin powder

1 tablespoon horseradish

Trim and wash beetroot leaving 2 cm stalk attached.

Wrap in foil.

Cook in the oven for 1 hour until tender, turn every 15 minutes.

Remove stems, peel skin and chop.

Place into food processor and blend for 1 minute.

Add all other ingredients and pulse until the dip has reached the desired texture.

Refrigerate until needed.

Serve with toasted bread or vegetables.

Beetroot Salad

Use 4-5 beetroots using different colours if available.

Clean beetroots and cut into matchsticks.

200g feta cheese, crumbled

Small bunch mint leaves

Salt and pepper

Dressing

3 tablespoons lemon juice

3 tablespoons good olive oil

Adjust to taste.