

ROASTED BEETROOT

INGREDIENTS

- ✦ 1kg medium sized beetroot
- ✦ ½ cup balsamic vinegar
- ✦ 4 tablespoons white sugar
- ✦ 3 sprigs thyme
- ✦ 1 tablespoon olive oil
- ✦ 50ml water



METHOD

- ✦ Wash your beetroot in a colander to remove any excess dirt from the skin. You can also remove the roots from the top end if you like.
- ✦ Place in a large pot & fill with warm water, making sure that the water completely submerges the beetroot.
- ✦ Boil the beetroot at a medium to high heat, take note that when the water starts to evaporate you should add more as to keep the beetroot covered at all times so it may cook evenly.
- ✦ To tell when the beetroot is fully cooked place a knife through it, if the beet slides off the knife fairly easily it is cooked.
- ✦ Strain & place into ice water to stop it cooking as quickly as possible.
- ✦ Preheat your oven to 170 degrees Celsius.
- ✦ The next step is to clean the beetroot; this is done by topping & tailing the ends & peeling off the skin. The skin can be peeled off by hand & should not prove difficult at all.
- ✦ Once all of the beetroot has been cleaned cut all the beetroot in half-from top to bottom.
- ✦ Now you can cut each half into thirds or quarters in order to make wedges.
- ✦ Place the beetroot on a large oven proof dish; add the balsamic vinegar, sugar, thyme olive oil & 50ml water.
- ✦ Mix together, making sure to coat the beetroot with the liquid & sugar.
- ✦ Place in the oven & cook until the beetroot has taken on a roasted & caramelized look. This should take roughly ten minutes or so
- ✦ Remove from the oven & set aside, allowing it to cool down.
- ✦ The beetroot goes well in salads with blue cheese, rocket & pear, with fish like salmon & salty meat dishes. If you keep the cooking liquid used for boiling the beetroot, you can strain it & blend it together in a food processor with the beetroot & a knob of butter to make a beautiful, smooth beetroot puree. The beetroot can be kept in the fridge in a well sealed container for up to 3 days.