

**HOUSTON
COUNTY
MASTER
GARDENERS**

**For The Love of
Beets
2020**

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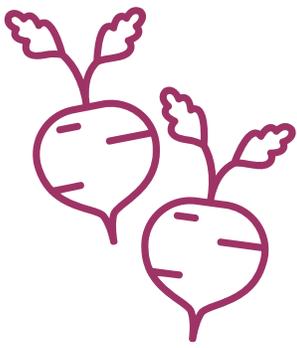
Heart Beet Cocktail

For more beet-iful recipes, check out

<https://www.bonappetit.com/recipes/slideshow/roast-em-fry-em-grate-em-38-ways-cook-eat-beets>

&

<https://www.supercall.com/entertaining/best-beet-drink-recipes>



Carrot and Beet Slaw with Pistachios and Raisins

2 garlic cloves, crushed

$\frac{3}{4}$ C golden raisins

$\frac{1}{4}$ C white wine vinegar

6 medium carrots (about 1 lb.),
peeled, julienned

2 medium beets (any color, about 1
lb.), peeled, julienned

$\frac{1}{2}$ C (packed) fresh parsley leaves

$\frac{1}{4}$ C (packed) fresh mint leaves

3 Tbsp fresh lemon juice

$\frac{1}{2}$ tsp crushed red pepper flakes

kosher salt and freshly ground
black pepper

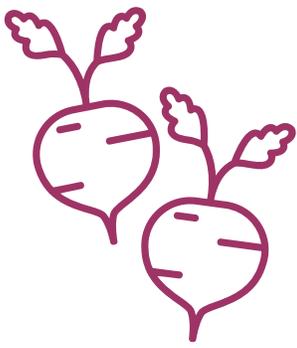
$\frac{1}{3}$ C extra-virgin olive oil

$\frac{3}{4}$ C unsalted, shelled raw pistachios



1. Preheat oven to 350 degrees. Spread out pistachios on a small rimmed baking sheet; toast, stirring occasionally until golden brown, 6-8 minutes. Let cool; coarsely chop.
2. Combine garlic, raisins, and vinegar in a large bowl; let sit 1 hour.
3. Remove garlic from raisin mixture and discard. Add carrots, beets, pistachios, parsley, mint, lemon juice, and red pepper flakes; season with salt and pepper and toss to combine. Add oil; toss gently.





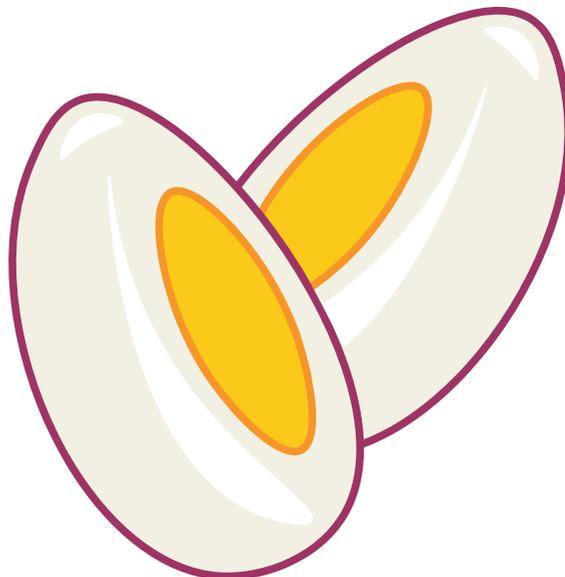
Beet-Pickled Eggs

- 4 cups distilled white vinegar
- ½ C sugar
- 1 Tbsp kosher salt
- 1 large red beet, peeled, cut into ¼-inch pieces
- 4 hard-boiled eggs, peeled



Bring vinegar, sugar, salt, and 2½ cups water to boil in a large saucepan, stirring to dissolve sugar and salt. Add beet, reduce heat, and simmer until beet is tender, 25-30 minutes. Let cool, then strain brine into a resealable glass jar. Add eggs to brine; reserve beet for another use. Chill eggs at least 2 hours before serving.

Do ahead: Eggs can be pickled 2 days ahead. Keep chilled.





Marinated Beet Salad with Feta Cheese

Serves 4, 1 cup portions

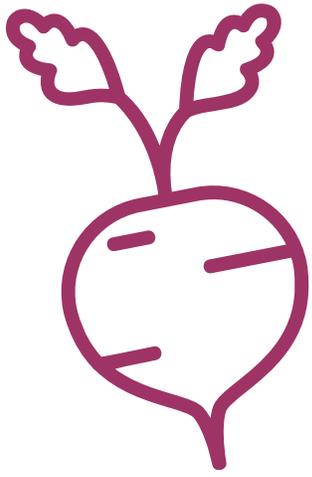
1 Tbsp fresh parsley, chopped
¼ C fresh onions, sliced
1 tsp lemon zest
1 Tbsp lemon juice
½ C feta cheese, crumbled

1 lb fresh whole red beets
½ C fresh beet greens
2 Tbsp red wine vinegar
2 Tbsp olive oil
⅛ tsp Kosher salt
⅛ tsp ground black pepper



Steam or boil the beets whole for 20-30 minutes depending on their size until fork tender. Drain and let cool. Next, remove the skin and cut into bite sized pieces. Wash the beet greens well and remove the stem/stalk. Reserve for another recipe. Place the oil, vinegar, salt, pepper, lemon juice and zest into a bowl. Mix well. Add the parsley, beets, onions, and beet greens. Toss well to coat thoroughly. Place into refrigerator and allow to marinate for a minimum of 30 minutes. Top with crumbled feta to serve.





Gram's Pickled Beets

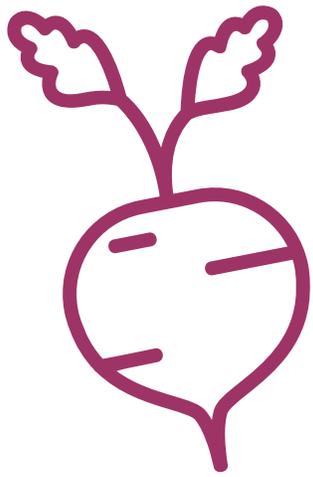
- 2 15 oz. cans diced beets
- 1 C beet juice
- ½ C sugar
- ½ C apple cider vinegar

Bring beets and juice to a boil in a pan. Add sugar and vinegar and bring to a simmer. Put 5 whole cloves and 1 3-inch cinnamon stick in a quart jar and add beets. Cover and sit in the refrigerator overnight. Ready to eat the following day.

Pickled Beet Salad with Bacon Vinaigrette

- 8 C fresh baby spinach
- 8 oz. pickled beets, diced
- 1 small red onion, thinly sliced
- ½ C sliced radishes
- 1 lb. bacon strips, chopped
- ⅓ C apple cider vinegar
- 3 tsp. brown sugar
- 1½ tsp. Dijon mustard
- ½ tsp. black pepper and salt
- 1 C crumbled goat cheese

- In a large bowl, toss the spinach,
- beets, onions, and radishes; set
- aside. In a large skillet, cook
- bacon over medium heat until
- crisp, stirring occasionally.
- Remove with slotted spoon and
- drain on paper towels. Add
- vinegar, brown sugar, mustard,
- salt, and pepper to bacon
- drippings; bring to a boil. Drizzle
- the warm dressing over spinach
- and toss to coat. Sprinkle with
- the cheese and bacon. Serve
- immediately. About 16 servings.



Roasted Beets with Honey Balsamic Glaze

16 fresh beets
6 Tbsp olive oil

2 Tbsp butter
2 Tbsp honey
2 Tbsp balsamic vinegar

Preheat the oven to 350 degrees. Trim and scrub beets leaving roots and 1-inch stem intact. Place on sheet of foil, drizzle with ½ Tbsp olive oil and wrap loosely but tightly, sealing edges. Place on baking sheet and bake for 1 hour. Let cool enough to handle. Remove stems and roots & slice beets. Place in bowl. Combine butter, honey, and balsamic vinegar in a small saucepan. Bring to a boil for 1 minute. Pour over beets and serve immediately.

Roasted Beets and Sweets

6 medium beets,
peeled and cut into
chunks
2½ Tbsp olive oil
1 tsp garlic powder
1 tsp kosher salt
1 tsp black pepper
1 tsp sugar (optional)
3 medium sweet
potatoes, peeled and
cut into chunks
1 large sweet onion,
chopped

● Preheat oven to 400 degrees. In a bowl,
● toss beets with ½ Tbsp olive oil to coat.
● Spread in a single layer on a baking
● sheet. Mix the remaining 2 Tbsp olive oil,
● garlic powder, salt, pepper, and sugar.
● Place the sweet potatoes and onion in
● bowl and stir oil mixture over it until
● coated evenly. Bake beets 15 minutes in
● oven. Mix sweet potato and onion
● mixture with the beets on the baking
● sheet. Continue baking 45 minutes,
● stirring after 20 minutes, until all
● vegetables are tender.



Borscht with a Lemon Twist and Greens

If you can't find beets with greens, substitute Swiss chard for the greens. You can also substitute green cabbage for the red cabbage, though the red has more potential antioxidants and looks nicer. Add the finely diced beet greens to the bowls first and pour the hot soup over to slightly wilt them, or you could also just stir the greens into the hot soup. A dollop of plain yogurt adds to the allure, as do lemon zest and smoked salt. You decide how pureed you like this soup. It's not necessary to peel the beets, as they will puree either way. This soup freezes well, but add the yogurt right before serving.

1 C diced onion
2 medium carrots, diced (1 C)
½ tsp dried dill weed
½ tsp caraway seeds
2 bay leaves
5 C finely sliced red cabbage
1 lb. beets, ideally with their greens, washed well, roots chopped.

½ C red lentils
6 C low sodium or homemade vegetable stock
Grated zest and juice of 1 lemon
1 tsp smoked or regular salt, optional
2 to 3 C finely chopped beet greens or Swiss chard
Finely chopped fresh flat-leaf parsley, chives, or dill for garnish
Dollop of unsweetened yogurt, for garnish



1. Heat a 2 quart pot over medium heat. Add the onions and carrots and dry sautee for 2 to 3 minutes, adding a bit of liquid if anything sticks. Add the dill, caraway, bay leaves, cabbage, chopped beet roots, lentils, and stock.
2. Bring to a boil, then reduce heat to a simmer and simmer partially covered for 20 to 25 minutes, until lentils are cooked through and beets are fork tender.
3. Using a pair of tongs, carefully remove and discard the bay leaves. Using an immersion blender if you have one, puree the soup in the pot to the consistency that you like (if you don't have an immersion blender, carefully blend in batches in a regular blender). Add the lemon zest and juice and smoked salt. Taste and adjust seasonings.
4. Add the beet greens or chard to the soup or to individual serving bowls. Spoon the hot liquid over the greens. Garnish with herbs and a dollop of yogurt.



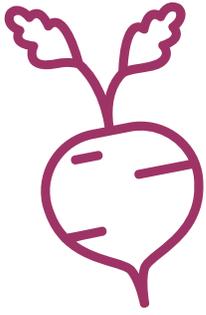
Spaghetti and "Beet" Balls

Make these to "go meatless" and serve with your favorite marinara sauce and pasta. Six servings of 30 total balls

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|-------------------------------------|---|
| ½ C olive oil | 1 C packed fresh basil leaves |
| 1 small yellow onion, chopped | 8 oz. roasted or steamed beets
(about 1½ cups) |
| kosher salt & black pepper | 1 C steamed lentils, drained |
| 4 garlic cloves, fully chopped | 1 large egg plus 1 large egg white |
| 2 tsp Italian seasoning | 4 C marinara sauce |
| ¼ to ½ tsp crushed red chili flakes | 1 lb. dry spaghetti |
| 1 C Panko breadcrumbs | Parmesan cheese for serving
(optional) |
| ¼ C nutritional yeast | |
| ¾ C raw sunflower seeds | |



Heat oil in skillet over medium high heat. Add the onion, season with salt and pepper, stirring until browned around the edges. Add the garlic, Italian seasoning, and chili flakes and cook for one minute. Add the Panko and cook until evenly dark gold brown. Remove from the heat and stir in the yeast until evenly mixed. Transfer to a large bowl to cool. Heat oven to 425 degrees. Chop the following ingredients individually in a food processor: sunflower seeds- ½ like cornmeal and ½ until powdery; basil until finely chopped; beets- ½ mixture is pasty and ½ is finely chopped. Transfer to the bowl. Pulse lentils until nearly smooth with a few remaining chopped and transfer to bowl. Stir until all is well mixed. Add more salt and pepper to taste. Add the egg and egg white to the mixture and stir until everything is evenly distributed. Use a 1½ T cookie scoop or 1 Tbsp measuring spoon to scoop the mixture, heaping and forming into balls. Put balls on prepared baking pan (lined with foil and coated with oil). Drizzle tops of balls with a little more oil and add a little more salt and pepper. Bake until dark golden brown, 20 to 25 minutes. When done carefully transfer them to the simmering marinara and turn evenly to coat. When the pasta is ready top it with the sauce and beet balls. Sprinkle with Parmesan cheese as desired.



Olive Oil Bundt Cake with Beet Swirl

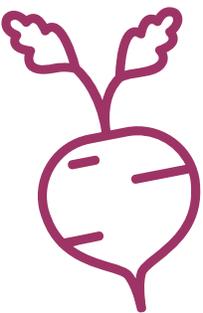
Sweet roasted beets and extra-virgin olive oil add earthiness to this delicate Bundt cake. Roasting the beets beforehand concentrates their sweetness, and stacking thick layers of batter - one flavored with olive oil, the other with beets - creates bold swoops of red within the baked cake. Allow the cake to cool completely before slicing to avoid blurring the lines. Because of its lightly sweet notes, this cake is equally at home at breakfast or brunch, as a snack or dessert.

1 ¼ lbs/ raw beets, peeled and cut into bite-size pieces
1 ½ C extra-virgin olive oil plus 2 Tbsp
1 ½ tsp kosher salt
3 ½ C all purpose-flour
1 C whole milk

1 Tbsp lemon zest plus ½ C fresh lemon juice
5 eggs, beaten
1 ½ C granulated sugar
1 Tbsp baking powder
¼ tsp baking soda
confectioners' sugar, for dusting



1. Heat the oven to 400 degrees. Line a rimmed baking sheet with parchment paper. On the baking sheet, toss the beets with the 2 Tbsp olive oil and ½ tsp salt until coated. Roast until fork-tender, tossing halfway through, 30 to 40 minutes. Let the beets cool to room temperature.
2. Once cooled, transfer beets to a food processor and pulse until puréed, scraping down the sides of the bowl as needed. Transfer to a medium bowl. Lower the oven temperature to 325 degrees.
3. Grease the inside of a 10-inch Bundt pan with oil, dusting with flour, then invert the pan over the sink and tap it gently to discard excess flour. Set aside. In another medium bowl, combine the milk, lemon zest and juice and let sit until curdled, 1 or 2 minutes. Whisk in the eggs, then whisk in the remaining 1 ½ C oil and set aside.
4. Sift the 3 ½ C flour with the granulated sugar, baking powder, baking soda and the remaining 1 tsp salt into a large bowl and whisk to blend. Make a well in the center and pour in the wet ingredients, continuing to whisk, beginning in the middle and moving outward, until just combined. Transfer 2 cups of the batter to the bowl with the cooled beet purée and gently fold it in until combined.
5. Pour about half of the plain batter into the base of the prepared Bundt pan. Next, pour half the beet batter on top, followed by half the remaining plain batter. Top with another layer of the remaining beet batter, then a final layer of the remaining plain batter. Bake until a toothpick inserted into the center comes out clean, 50 to 60 minutes.
6. Remove the cake from the oven, release it from the edges of the pan using a butter knife, and allow it to cool, 5 minutes. Carefully invert the cake onto a serving tray to cool completely (The cake's swirls come out more clearly if you let the cake rest for a few hours, or ideally, overnight). Dust with confectioners' sugar before serving. For extra decadence serve with whipped cream or crème fraiche.



Chocolate Beet Cupcakes with Chocolate Buttercream Frosting

For the cupcakes:

1 $\frac{3}{4}$ C flour	$\frac{3}{4}$ C corn oil
1 $\frac{1}{2}$ tsp baking soda	1 C beets, pureed
$\frac{1}{2}$ tsp salt	2 oz. unsweetened baking chocolate, melted
1 $\frac{1}{2}$ C sugar	1 tsp vanilla
3 eggs, beaten	

Whisk together the flour, baking soda, and salt. Combine the sugar, eggs, corn oil, and beets. Then add the melted chocolate and vanilla. Mix thoroughly. Pour batter into paper-lined muffin cups and bake at 350 degrees for 18-22 minutes. Test for doneness. Let stand overnight for best flavor.

For the frosting:

$\frac{1}{3}$ C unsalted butter	3 C powdered sugar
3 oz. semi-sweet baking chocolate	2 tsp vanilla
	3-4 Tbsp whipping cream

Melt the butter and chocolate in the microwave. Add the powdered sugar and beat. Add the vanilla and 2 Tbsp cream, adding more to get the right spreading consistency.



Chocolate Beet Muffins

2 medium-sized beets
scant 1½ C all-purpose flour
2 Tbsp cocoa powder
1½ tsp baking powder
¼ tsp salt
2 large eggs

¼ C whole milk
½ C light brown sugar, lightly packed
¼ C caster sugar
¼ C unsalted butter
¼ C sunflower oil
1 C semi-sweet chocolate chips



1. Preheat oven to 355 degrees.
2. Peel the beets and grate in food processor with a grating disc. Set aside.
3. In a medium bowl, sift together the flour, cocoa, baking powder, and salt.
4. In a small bowl, whisk together the eggs and milk.
5. In a large bowl using a hand mixer on medium speed, cream together the sugars, butter, and oil. Using the hand mixer on low speed, beat in the egg mixture. Slowly fold in the flour mixture.
6. Using a spatula, mix in the grated beets and chocolate chips.
7. Evenly divide the batter into 12 muffin cases. Each case should be about $\frac{3}{4}$ full.
8. Bake 20-25 minutes, until the muffins are springy to the touch. Remove from oven and allow to cool in the pan for 5 minutes. Transfer to a cooling rack to finish cooking.





Beet and Sherry Bloody Mary

Get ready for some radical changes to your Bloody Mary. This version, adapted from a Brian Bartels tome on the subject, adds beet juice for a richer color and flavor, and also swaps out vodka for lower proof, nutty amontillado sherry. You can put away your crazy garnishes, this thing drinks like a meal all by itself.

44 oz. tomato juice

8 oz. beet juice

4 oz. Worcestershire sauce

2 oz. Tabasco sauce

1 oz. Maggi seasoning

1 tsp salt

2 tsp freshly ground black pepper

20 oz. amontillado sherry

lemon wedges

celery stalks

1. To make the mix, combine all of the ingredients (save for the sherry) in a large pitcher, or store in a sealed container and refrigerate up to 1 week.
2. For each drink, combine 2 oz. of sherry and 6 oz. of mix in a cocktail shaker filled with ice. Roll the ingredients back and forth with another shaker three times, and strain into a highball glass filled with ice.
3. Garnish with a lemon wedge and celery stalk.





Heart Beet Cocktail



1 oz. raw beet syrup
.75 oz. lemon juice
1.75 oz. gin

.25 oz. grapefruit cordial
tonic water
raw beets

1. Add beet syrup, lemon juice, gin and grapefruit cordial to mixing tin with ice.
2. Shake vigorously and strain into a Collins glass over ice.
3. Top with tonic and garnish with cubed beets

Raw Beet Syrup

20 oz. beets
20 oz. sugar

1. Combine beets and sugar in a container that is filled close to the top and let the sugar extract the juice and flavor from the beets for four days.
2. Strain and enjoy. (The leftover beet pieces make a great garnish or snack!)

Grapefruit Cordial

1 grapefruit
sugar

1. Zest the grapefruit, reserving the zest, then juice the grapefruit.
2. Weigh the grapefruit juice, then measure out an equal weight of sugar.
3. Combine the juice and sugar, and stir until the sugar dissolves. Add the grapefruit zest, stir, cover and place in the refrigerator for 24 hours.
4. Strain cordial through a cheesecloth-lined strainer.