

## **Sweet Beetroot Salad**

- 225 g beetroot
- 225 g carrots
- **For the dressing:**
- 2 tablespoons balsamic vinegar
- 75 ml organic olive oil
- Salt and pepper to taste

Boil the beetroot in their skins until tender (you can also do this in a glass dish in the microwave). Cool, peel and then chop the beetroot. Peel the carrots and then grate them. Mix the two vegetables together in a dish and then pour the dressing over the top.

## **Beetroot and Celery Salad**

- 1 egg
- 2 medium beetroot
- 3 sticks celery
- 4 tablespoons olive oil
- 2 tablespoons vinegar or lemon juice
- Lettuce leaves to serve
- Salt and pepper to taste

Hard boil the egg and then peel and slice it. Prepare the beetroot by washing it and then boiling for approximately 45 minutes or until it is tender. Peel and tail and then chop into cubes. Chop the celery. Combine the beetroot and celery in a bowl. Mix the oil, vinegar, salt and pepper and pour the dressing over the salad. Toss gently and serve over the lettuce leaves. Slice the hard-boiled egg and place on top.

## **Beetroot Pasta Salad with Orange Dressing**

- 250 g cooked fusilli, drained
- 175 g cooked beetroot, peeled and diced small
- 1 large Bramley apple, peeled and diced small
- 75 g Feta cheese, diced small
- 175 g dark brown sugar
- 5 tablespoons malt vinegar
- Grated rind and juice of 3 oranges
- 1 tablespoon cornflour

Mix the warm pasta, with the beetroot, apple and cheese and toss well. Place the sugar and vinegar in a pan and simmer over a gentle heat for 5 minutes, stirring. Mix a little of the orange juice into the cornflour. Stir the remaining juice and the rind into the vinegar mixture and simmer for a further 5 minutes. Stir in the cornflour mixture, then cook over a gentle heat until the dressing thickens, stirring. Cool the dressing a little, then pour over the pasta salad and toss thoroughly. Cool to room temperature before serving.

## **Spicy Beetroot Soup**

- 1 lb firm raw beetroot, peeled and grated
- 1 medium potato, peeled and grated
- 2 carrots, peeled and grated
- 1 small onion
- 1.2 L vegetable stock
- Salt and Pepper
- A few drops of Tabasco sauce

Put all of the vegetables into a large pan and add the stock and seasoning. Bring to the boil. Simmer gently for 20 minutes until the beetroot and carrots have softened. Add a few drops of Tabasco, taste and adjust the seasoning as required.

## **Beetroot Relish**

The flavour of fresh beetroot is a nice change to the normal canned variety. This relish is fantastic with Roast Lamb. Serves 4 to 6.

- 1 tablespoon sesame seeds 1 teaspoon ground cumin
- 2 teaspoons olive oil
- 1 teaspoon brown sugar
- 2 large beetroot, peeled & grated
- 120 ml (4 fl oz) red wine

Heat a frying pan and toast the cumin and sesame seeds until browned

## **Beetroot Cake**

This recipe has come from one of our customers, David Perry, who wanted to share his recipe which uses beetroot in a surprising way, but works very well!

- 75 g cocoa
- 180 g plain flour
- 2 teaspoons baking powder
- 250 g castor sugar
- 250 g cooked beetroot
- 3 large eggs
- 200 ml vegetable oil
- Vanilla extract

Whizz the beetroot into a purée and add the eggs, and then the oil. Mix the dry ingredients in a bowl and add the beetroot purée. Bake at 180°C for about 30 minutes.