

Beetroot recipes

Creamy Beetroot Gratin – Serves 4

This is a different way to use beetroot – very tasty and a filling treat.

Ingredients:- 1lb/500g raw beetroot, 6floz/175ml double cream, 4oz/125g gruyere or cheddar cheese, grated, salt and pepper to season.

Instructions:- Cut off the leaves from the raw beetroot, but do not peel or trim the root ends (as this releases all the colour into the water). Place the whole beetroot into boiling water. Simmer until tender when pierced with the tip of a knife, about 35 to 45 minutes. Leave to cool and then cut into ¼ in /5mm slices. Preheat the oven to Gas Mark 6/200C/400F. Layer the beetroot in a buttered baking dish. Pour over the cream and sprinkle with cheese, salt and pepper. Bake until the topping is golden and just crisp, approximately 15 to 20 minutes.

Handy Hint: *This gratin recipe is worth keeping as it can be varied and you can use other vegetables – potatoes, parsnip and turnip work well.*

Raw Beetroot Salad - Serves 6

This is a really different way to serve beetroot. In most recipes beetroot is normally cooked. Here it is served raw and it's yummy! It's a colourful summer salad to impress your guests and convinces even those that don't like beetroot to have a try!

Preparation Time:- Approximately 20-25 minutes.

Cooking Time:- None.

Ingredients:- 500g raw beetroot, a big bunch (approx 6 tablespoons) fresh dill, approximately a tablespoon of fresh flat leaf parsley (optional), juice of 1 lemon, 2 tablespoons mustard seeds, 2 tablespoons extra virgin olive oil

Instructions:- Chop the stalks off the dill and place it in a food processor. Blitz until finely chopped and scrape out and transfer into a bowl (keep a small amount aside to sprinkle on top later). Peel and chop the beetroot into small chunks. Fit the grater disc on your food processor and grate all the beetroot up. Place the beetroot in the bowl with the dill and toss the salad thoroughly. Add the lemon juice and drizzle in the olive oil and toss the salad again.

Then preheat a non stick or heavy based frying pan and toast the mustard seeds for a couple of minutes. Add them to the salad and toss the salad well. Serve the salad in a bowl or on a plate and sprinkle over the remaining dill and the fresh parsley.

Handy Hint:-*This salad compliments fish well, especially salmon. Especially nice if you decide to barbecue your fish and serve this salad alongside on a hot summer's day.*