# Beetroot

## Store
Store beetroot in vege drawer or in a plastic bag in the fridge.

## Prepare
- Trim leaf stems to 2cm and scrub clean with a soft brush.
- Don’t trim the root part at bottom of the plant.

## Cook
- Boil in water, covered until just tender - about 20 mins for small, 45 for larger beetroot.
- Cool and peel by slipping the skin off with your hands (use gloves to save discolouring your hands).
- Microwave - peel, cut in half cook covered on high until tender about 3 mins per beetroot.
- Roast - wrap whole beetroot in foil and cook 180 about 45 mins.

## Add Flavour
-Chop into large chunks, place in roasting dish, toss in oil, with some thyme and roast 180 for 30 mins.

## Vege Up
- Add sliced beetroot to homemade hamburgers for more taste and colour.
- Mix cooked diced beetroot with baby spinach and feta cheese for a delicious salad.
- Mix diced beetroot with 1 grated carrot +1 stalk celery chopped + 1 red onion sliced+ mint leaves and French dressing.
- Grate well washed raw beetroot and mix in a French dressing to serve as a salad.

## Recipe Ideas
### Sweet & Sour Beetroot
- 1/2 kg beetroot
- 1/4 cup sugar
- 1/4 cup vinegar
- 1/2 tsp salt
- 2 tsps cornflour

In a pot place the raw beetroot and cover with water. Cook covered 20 – 40 or until tender. Drain but keep 1/4 cup of the liquid. Dice beetroot and set aside. Mix together the sugar, cornflour, salt, vinegar and cooking liquid and stir until thickened. Add the diced beetroot and heat through.

Images courtesy of vegetables.co.nz