



YORKSHIRE GARDENS
TRUST
for
Schools

Beetroot Recipe ideas

Baked Beetroot Crisps (www.riverford.co.uk)

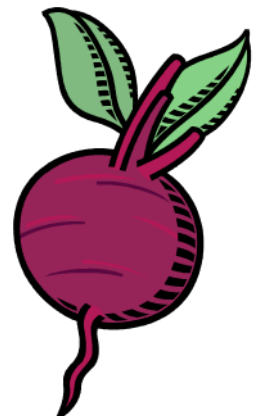
Colourful, homemade crisps with all that beetroot goodness!

Ingredients

- 2 medium beetroots, peeled + finely sliced
(leave some stalk attached to hold on to when you slice)
- 1 tbsp sunflower or vegetable oil

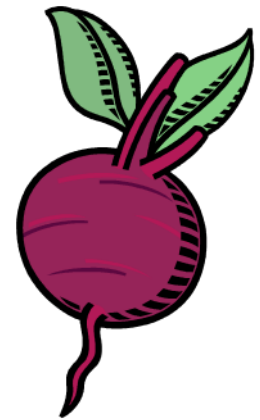
Method

1. Preheat oven to 150°C or 140°C fan assisted.
2. Put the beetroot in a bowl and add the oil.
3. Mix thoroughly to coat all the slices.
4. Line two oven trays with nonstick baking parchment (or use nonstick trays) and spread the beetroot slices over them in a single layer.
5. Bake for 1 hr, checking after 30 mins - if your oven cooks unevenly you may need to rearrange the slices and swap the position of the trays. Continue cooking until slices are dry and crisp. This may take well over an hour (depending on the thickness of your slices). Sprinkle with sea salt.



Beetroot Brownies (www.bbcgoodfood.com)

This recipe has only about half the fat and sugar of regular brownies, but is still squidgy and sweet thanks to the beetroot!

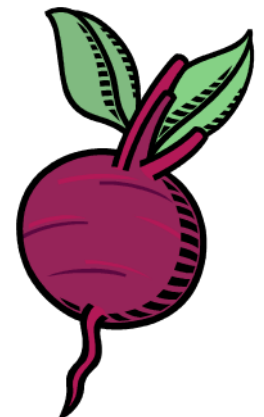


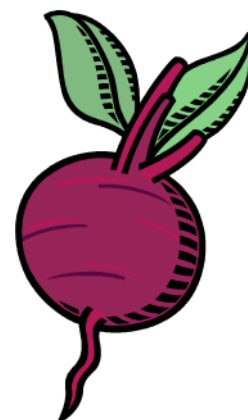
Ingredients

- 500g whole raw beetroot (3-4 medium beets)
- 100g unsalted butter, plus extra for the tin
- 200g bar plain chocolate (70% cocoa)
- 1 tsp vanilla extract
- 250g golden caster sugar
- 3 eggs
- 100g plain flour
- 25g cocoa powder

Method

1. Wear a pair of rubber gloves to stop your hands from staining, then top, tail and peel the beetroot - you'll need about 400g flesh. Roughly chop and put into a large bowl. Add a splash of water, cover with cling film, then microwave on High for 12 mins or until tender.
2. Heat oven to 180C/160C fan/gas 4. While the beetroot cooks, butter then line a 20 x 30cm traybake or small roasting tin. Roughly chop the chocolate and cut the butter into cubes. Tip the cooked beetroot into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, butter and vanilla. Whizz until the mix is as smooth as you can get it. The chocolate and butter will melt as you do this.
3. Put the sugar and eggs into a large bowl, then beat using an electric hand whisk until thick, pale and foamy, about 2 mins. Spoon the beetroot mix into the bowl (it won't look too pretty at this stage, but bear with me), then use a large metal spoon to fold it into the whisked eggs. Try to conserve as much air in the mixture as you can. Sift in the flour and cocoa powder, then gently fold these in to make a smooth batter.
4. Pour into the prepared tin and bake for 25 mins or until risen all over, with just the merest quiver under the centre of the crust when you shake the pan. Cool completely in the tin, then cut into squares.





Julia's Beetroot, Banana, and Raspberry Smoothie (www.thevintagemixer.com)

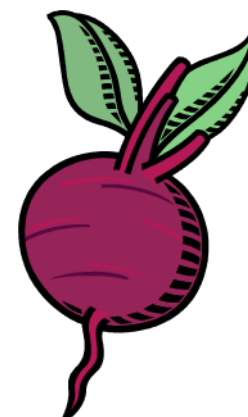
This healthy smoothie is so easy to make using raw beetroots and frozen raspberries.

Ingredients

- 2 medium beets or 3 small
- 1 banana
- 1 cup frozen raspberries
- 1 cup almond milk
- Handful of ice cubes

Method

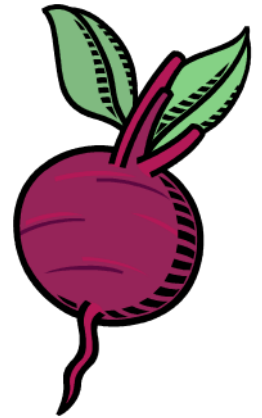
1. Peel beetroots and cut into large chunks.
2. Blend all the ingredients together until smooth.
3. Serve and enjoy!



Pat and Val's Beetroot Soup Recipe

(thank you to Val Hepworth, YGT founder-member)

A wonderfully purple soup that's so good for you too!



Ingredients

- 450gms/1lb beetroot peeled and diced
- 100gms/3.5oz potato peeled and diced
- 1 onion peeled and diced
- 200ml crème fraiche
- 1 tsp caraway seeds + few extra to serve
- 1 litre hot vegetable stock (I use 2 organic veg stock cubes) + extra if needed
- Salt & ground black pepper

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Method

1. Put beetroot, potato, onion, caraway seeds and stock + seasoning in a pan/slow cooker and cook very slowly. This will take about 2-3hrs in a pan but about 4hrs in a slow cooker. The beetroot, potato and onion should be soft.
2. Allow soup to cool so that the pan and blender can be handled safely and blend until smooth.
3. Add most of crème fraiche and blend again. Heat up and serve with a spoonful of crème fraiche and sprinkled caraway seeds.

I often freeze soup, in which case I don't add any crème fraiche before freezing. When the soup is defrosted completely I add crème fraiche and blend. Do ensure that the soup has been heated to boiling point before getting ready to serve.

Never leave soups or other foods lying about in a warm kitchen.

I'm not slavish about the quantities and often guess! I may increase the amount of potato if a potato weighs more than 100gms.

