



today's main ingredient

A  LOCAL FOOD PODCAST



Beet Relish

Serve as a condiment with stews, atop sandwiches or burgers.

INGREDIENTS – makes 2 pints

2 pounds beets
1 medium onion, peeled and diced
1 cup packed dark brown sugar
1 Tablespoon pickling spices, tied in cheesecloth
1 1/2 cups distilled white vinegar
1/2 teaspoon salt
1 1/2 Tablespoons prepared horseradish

STEP 1 – Wash the beets, and remove leaves. Leave an inch or more of the stem and the root's "tail" of the root end intact, and place beets in a large pot with a vegetable steamer. Bring water to a boil and steam until beets are tender, 30 minutes or more, as needed.

STEP 2 – Remove the steamer basket and let the beets cool. Cut off the stems and root ends, and when cool enough to handle, peel the beets by rubbing off the skin. Grate the beets, using a box grater or grating blade of a food processor. You should have about 6 cups.

STEP 3 – Place grated beets in large heavy non-reactive saucepan, and add the remaining ingredients. Mix well, cover, and bring to a boil over medium-high heat. Then remove the cover and boil the mixture until it has thickened slightly and the onions have softened, about 15 to 20 minutes.

STEP 4 – Ladle boiling hot beet relish into hot sterilized canning jars, and follow standard canning procedures.

Or, if you do not want to can, allow the relish to cool, then ladle into jars. Cover and refrigerate for up to 4 weeks.