

THE FRESH LITTLE ALLOTMENT

SEASONALLY FRESH, PERFECTLY PICKED



WHAT'S GROWN THIS MONTH?

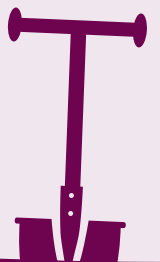
JUNE

Great source
of fibre, iron
and vitamin C!

BEETROOT



RECIPE BOOKLET



JUNE BEETROOT

Like many modern vegetables, beetroot was first cultivated by the Romans. By the 19th-century it held great commercial value when it was discovered that beets could be converted into sugar. Today, the leading commercial producers include the USA, Russia, France, Poland and Germany.

Many classic beetroot recipes are associated with central and Eastern Europe including the famous beetroot soup known as borscht. Beetroot's earthy charm has resulted in its popular influence on fashionable menus and recipes. Its delicious but distinctive flavour and nutritional status have escalated it to the root that you just can't beat!

Belonging to the same family as chard and spinach, both the leaves and root can be eaten; the leaves have a bitter taste whereas the round root is sweet. Typically a rich purple colour, beetroot can also be white or golden. Due to its high sugar content, beetroot is delicious eaten raw but is more typically cooked or pickled or baked in cakes.

We have put together this booklet of great recipes celebrating Beetroot with recipes covering salads, soups and even chocolate cake!

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MARINATED BEETROOT

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 650g beetroot
- 500ml white wine vinegar
- 2ltr. water
- Lo salt, pinch
- 2 garlic cloves, sliced
- 1tbsp. dried oregano
- 1 red chilli, finely chopped
- 350ml olive oil

METHOD



1. Wash and scrub the beetroot under cold running water. Place them in a saucepan with the vinegar, salt and water and bring to the boil. Reduce the heat, cover then pan and simmer for about 1¼ hours until the beetroot is tender. Meanwhile, combine all the marinade ingredients in a bowl and set aside.
2. Once the beetroot is cooked, drain, place on a cloth and pat dry. Remove the skins with the help of the cloth. Cut into slices, place in the marinade and mix well. Leave for a day before serving.
3. Serve on the flavour zone, tasting table or salad bar.



BEETROOT HUMMUS

SERVES



Ten

ALLERGENS



Sulphur Dioxide,
Gluten

INGREDIENTS



- 1tsp. ground cumin
- 250g beetroot, cooked, drained and quartered
- 400g chickpeas, drained and rinsed
- 1 garlic clove, peeled
- 1tsp. ground coriander
- ½tsp. lo salt
- 2tbsp. olive oil
- 2tbsp. lemon juice
- Ground black pepper, pinch

METHOD



1. Put the beetroot, chickpeas, cumin, garlic, coriander, salt and olive oil in a food processor. Add the lemon juice and season well with freshly ground black pepper. Blitz until smooth. Check the seasoning to taste, adding a little more salt, pepper or lemon juice if needed, and blitz again.
2. Use the hummus as a spread for sandwiches and wraps or as a dip.



BEETROOT & CHOCOLATE CAKE

SERVES



Ten

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 250g self-raising flour
- 4tbsp. cocoa powder
- 2tsp. baking powder
- 250g cooked beetroot
- 3tbsp. white wine vinegar
- 160ml Greek yoghurt
- 160g stork
- 230g caster sugar
- 3 eggs, free-range
- 280g cream cheese
- 50g stork
- 50g icing sugar, sifted
- ½tsp. vanilla extract

METHOD



1. Preheat the oven to 160°C. Grease and a suitable tray bake tin.
2. Mix together the flour, cocoa powder and baking powder in a bowl.
3. Blend the beetroot in a food processor until you have a rough purée. Put the purée in a bowl, add the vinegar and yoghurt. Mix to combine.
4. Beat the stork and sugar together until light and fluffy. Gradually beat in the eggs, followed by half the dry mixture and half the beetroot mixture.
5. Continue to mix gently, adding the rest of the dry ingredients and the remaining beetroot. Pour the mixture into the tin and bake for 40-50 minutes. Leave to cool in the tin for 10 minutes before turning it out of the tin and leaving it to cool completely.
6. Meanwhile make the icing. Beat together the cream cheese and stork until soft. Beat in the icing sugar and vanilla extract until they are combined, then spread the icing onto the cooled cake.
7. Cut into 10 squares and enjoy.



BRAISED BEETROOT WITH GREEN SAUCE

SERVES



Ten

ALLERGENS



Sulphur Dioxide,
Mustard

INGREDIENTS



- 10 raw beetroot
 - Lo salt, pinch
- For the green sauce:
- Mint, small handful, finely chopped
 - Parsley, small handful, finely chopped
 - 2tbsp. capers, rinsed and drained
 - ½ onion, finely chopped
 - 1 garlic clove, finely chopped
 - ½tsp. Dijon mustard
 - 4tbsp. olive oil
 - ½ lemon, juice only

METHOD



1. Put the beetroot into a large pan and cover with water. Bring to the boil, then reduce the heat and simmer for approx. 40 minutes, until tender. Drain and set aside until just cool enough to handle, then carefully rub off the beetroot skins. Discard the skins.
2. Place the mint, parsley, capers, onion and garlic into a bowl.
3. Add the mustard and mix well. Add the oil and the lemon juice sparingly, adding more as required. Mix well and leave to stand.
4. Chop each beetroot into eight equal wedges and place into a bowl. Sprinkle with a little salt and drizzle with the green sauce.
5. Serve immediately.



BEETROOT & FENNEL SLAW

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 4 fennel bulbs, shredded
- 1 red cabbage, shredded
- 8 beetroot, peeled and shredded
- 6 spring onions, chopped
- 250g sour cream
- 100g nigella seeds
- Lo salt, pinch
- Ground black pepper, pinch
- Coriander, small handful, chopped

METHOD



1. Combine all the vegetables in a bowl with the sour cream and nigella seeds.
2. Stir and serve.



BEETROOT, COCONUT & BANANA SMOOTHIE

SERVES  Ten

ALLERGENS  None

INGREDIENTS



- 600g beetroot, cooked
- 650ml coconut milk, chilled
- 4 bananas
- 7 ice cubes
- 1tsp. vanilla extract
- Lo salt, pinch
- 1 lemon, juiced

METHOD



1. Blend all the ingredients together until completely smooth.
2. Add water, for looser consistency if require.



BEETROOT CHUTNEY

SERVES



3x300ml jars

ALLERGENS



None

INGREDIENTS



- 600g beetroot, raw
- 2 lemons, zest and juice
- 150ml white wine vinegar
- 1 red onion, finely chopped
- 300g cooking apples, peeled, cored and roughly chopped
- 2tsp. fennel seeds
- 200g granulated sugar
- 2tbsp. capers, roughly chopped
- Sea salt, pinch
- Ground black pepper, pinch

METHOD



1. Wash and trim the beetroot, but don't peel. Put the beetroot in a large saucepan and cover with cold water. Bring to the boil, then simmer for approx. 30 minutes until just tender. Remove from the heat and leave to cool slightly. Once cool enough to handle, remove the skins from the beetroot by lightly rubbing the skin. Cut the beetroot into cubes and set aside.
2. Put the lemon zest and juice, vinegar, red onion, apple and fennel seeds into a large, heavy-based saucepan. Place over a medium heat and bring to a simmer. Simmer for 10 minutes, stirring occasionally, until the apple pieces have softened to a purée. Add the diced beetroot and return the mixture to a simmer for a few minutes until the beetroot has heated through. Sprinkle in the sugar and stir until dissolved. Cook for approx. 20 minutes, until the mixture is thick, glossy and jam like. Just before the end of cooking, stir in the capers and season with salt and pepper. Remove from the heat.
3. Spoon the chutney into the prepared jars. Fill to the brim and gently tap the jars on the work surface to knock out any air pockets. Seal immediately with vinegar-proof lids.



BEETROOT BROWNIES

SERVES



Fifteen

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 150g Stork
- 275g caster sugar
- 3 eggs, free range, beaten
- 75g cocoa powder
- 75g plain flour
- 75g beetroot, cooked and grated

METHOD



1. Pre-heat the oven to 160°C and line a baking tin.
2. On a low heat, melt the stork and sugar together. Remove from the heat and fold through the eggs, continuing to stir.
3. Add the cocoa powder and plain flour and fold into egg mixture.
4. Finely grate the beetroot and fold through the cake mixture.
5. Place in the baking tin and bake in the oven for 15 minutes.
6. Test with a skewer. When ready, allow to cool on a wire rack.



CREAMY BEETROOT SOUP

SERVES



Ten

ALLERGENS



Mustard, Milk,
Egg, Celery

INGREDIENTS



- 700g cooked, peeled beetroot, chopped
- 400g onion, grated
- 2tsp. horseradish sauce
- 1kg Greek-style yoghurt
- 1tsp. celery salt
- 2tbsp. cider vinegar
- Ground black pepper, pinch
- Lo salt, pinch
- 600ml vegetable stock
- 6 spring onions, finely chopped

METHOD



1. Blend the cooked beetroot, onion, horseradish, Greek-style yoghurt, celery salt, cider vinegar and black pepper in a food processor until smooth.
2. Once at a desired consistency, use vegetable stock to thin down the mixture.
3. The soup can be served either hot or cold. If preferred hot, warm through on a low flame, being careful not to boil.
4. Check for seasoning and serve sprinkled with shredded spring onions.



SWEET BEETROOT PIE

SERVES



Ten

ALLERGENS



Wheat, Sulphur
Dioxide, Soya,
Sesame, Milk,
Lupin, Egg, Gluten

INGREDIENTS



- 200g plain flour
- 2tbsp. icing sugar
- 100g stork
- 1 free-range egg, lightly beaten
- 1tsp. lemon juice

For the filling:

- 350g beetroot, cooked
- 125ml double cream
- 2 eggs, free-range
- 175g dark muscovado sugar
- 1tsp. ground cinnamon
- ½tsp. ground ginger
- 1 lemon, finely grated zest only

METHOD



1. Preheat the oven to 200°C.
2. Mix the flour and icing sugar together in a bowl. Add the stork and rub it in lightly until the mixture resembles fine breadcrumbs.
3. In a small bowl or jug, mix the egg with the lemon juice and two tablespoons of water. Make a well in the centre of the flour mixture and pour in the egg mix and bring the pastry together. When the dough begins to stick together, gently knead it into a ball. Wrap in cling film and rest in the fridge for at least 15 minutes.
4. Roll out the pastry on a lightly floured work surface to about a 3mm thickness. Line a 23cm tart tin with the pastry, leaving any excess pastry hanging over the edge. Reserve a little uncooked pastry in case you need to patch any cracks later.
5. Line the pastry case with baking parchment then fill with baking beans. Bake blind for 15 minutes, then remove the parchment and baking beans and return to the oven for approx. eight minutes, until the pastry looks dry and faintly coloured. Using a small, sharp knife, trim away the excess pastry from the edge. Use a tiny bit of the reserved raw pastry to patch any cracks or holes if necessary.
6. Turn the oven down to 180°C.
7. Drain away any excess liquid from the cooked beetroot and roughly chop and put into a food processor with the cream. Blend to a thick purée.
8. In a bowl, whisk the eggs and sugar together thoroughly. Add the beetroot purée, spices and lemon zest and mix well.
9. Pour the mixture into the pastry case and bake for approx. 30 minutes, until the filling is set with a slight wobble in the middle.
10. Leave to cool completely. Cut into portions and serve.



BEETROOT SEED CAKE

SERVES



Ten

ALLERGENS



Wheat, Sulphur
Dioxide, Soya,
Sesame, Egg, Gluten

INGREDIENTS



- 225g self-raising flour
 - ½tsp. bicarbonate of soda
 - 1tsp. baking powder
 - ½tsp. ground cinnamon
 - 180ml vegetable oil
 - 225g light muscovado sugar
 - 3 eggs, free-range, separated
 - 150g raw beetroot, peeled
 - ½ lemon, juiced
 - 75g sultanas
 - 25g sunflower seeds
 - 25g pumpkin
 - 25g poppy seeds
- For the icing:
- 120g icing sugar
 - ½ lemon, juiced
 - Poppy seeds, to garnish

METHOD



1. Preheat the oven at 180°C. Lightly grease a rectangular loaf tin, then line the base with baking parchment.
2. Sift together the flour, bicarbonate of soda, baking powder and cinnamon.
3. Beat the oil and sugar in a food mixer until well combined, then introduce the egg yolks one by one, mixing after you add each egg yolk. Grate the beetroot coarsely and fold it into the egg mixture, then add the lemon juice, sultanas and the assorted seeds. Pulse until combined.
4. Fold the flour and raising agents into the egg mixture whilst the machine is on a slow setting.
5. Beat the egg whites until light and almost stiff. Fold gently but thoroughly into the cake mixture, using a large metal spoon. Pour the mixture into the cake tin and bake for approx. 45 minutes, covering the top with a piece of foil after thirty minutes. Test with a skewer for doneness. The cake should be moist inside but not sticky. Leave the cake to settle for a good twenty minutes before turning out of its tin onto a wire cooling rack.
6. To make the icing, sift the icing sugar into a bowl and stir in enough lemon juice to achieve a consistency where the icing will run over the top of the cake and drizzle slowly down the sides, stirring to remove any lumps.
7. Drizzle it over the cake and scatter with the poppy seeds. Leave to set before serving.



SPICED BEETROOT & PUMPKIN CAKE

SERVES



Ten

ALLERGENS



Wheat, Sulphur Dioxide, Soya, Sesame, Milk, Egg, Gluten

INGREDIENTS



- 300g self-raising flour
 - 300g light muscovado sugar
 - 3tsp. mixed spice
 - 2tsp. bicarbonate of soda
 - 175g sultanas
 - ½tsp. sea salt
 - 4 eggs, free-range, beaten
 - ½tsp. caster sugar
 - 200g stork, melted and cooled
 - 1 orange, zest only
 - 1tbsp. orange juice
 - 1tbsp. golden syrup
 - 100g beetroot, grated
 - 400g pumpkin, grated
- For the frosting:
- 200g cream cheese, softened
 - 85g buttery spread, softened
 - 100g icing sugar, sifted
 - 1½ oranges, zest and juice
 - 2tbsp. golden syrup

METHOD



1. Preheat oven to 180°C.
2. Grease and line a baking tin with baking parchment.
3. Place the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine.
4. Beat the eggs with a touch of caster sugar, then beat into the melted stork, stir in the orange zest and juice and golden syrup and then mix with the dry ingredients until combined. Stir in the pumpkin and beetroot. Pour the batter into the tin and bake for approx. 30 minutes, until golden-brown and springy to the touch.
5. For the frosting, beat together the cream cheese, buttery spread and one-third of the icing sugar until smooth and creamy and set aside.
6. When the cake is done, let it cool for five minutes then turn it onto a cooling rack.
7. Heat the orange juice and golden syrup. Prick the cake all over with a skewer and drizzle with the orange syrup while the cake is still warm, then leave it to cool completely.
8. Using a palette knife spread the frosting over the top the cake. Decorate with the orange zest, and serve.



BEETROOT & MOZZARELLA PASTA

SERVES



Ten

ALLERGENS



Wheat, Milk,
Gluten

INGREDIENTS



- 500g penne pasta
 - 200g mozzarella, grated
 - Dill, small handful, finely chopped
 - 1 lemon, zest and juice
 - 50ml vegetable oil
 - 100ml vegetable oil
 - Lo salt, pinch
 - 4 garlic cloves, finely chopped
 - 2 red chilli, without seeds, finely chopped
 - Lo salt, pinch
 - Ground black pepper, pinch
- For the sauce:
- 800g beetroot, drained

METHOD



1. Put the beetroot into a blender and add the oil, salt, garlic and chilli. Blend to a smooth paste and transfer into a bowl.
2. In a separate bowl add the mozzarella and dill, drizzle over the lemon juice and mix.
3. Cook the pasta as per instructions. Drain and put back into the pan. Pour in the beetroot sauce and mix through.
4. Tip out on to a serving dish, season and sprinkle over all the mozzarella and dill mixture to serve.



BEETROOT BLOOMER

SERVES



1kg Loaf

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 500g Strong White flour, plus extra for dusting
- 7g fast-action dried yeast
- 10g salt
- 250g beetroot, cooked, coarsely grated
- 260ml tepid water

METHOD



1. Preheat an oven to 180°C.
2. In a large bowl mix the flour, yeast and salt. Add the beetroot and mix, then add the water and bring the mixture together with your hands to form a rough dough.
3. Cover with a damp cloth and leave for 30 minutes. After this time, lift, stretch and fold the dough in the bowl for a minute. Cover again and give the dough another rest for 20 minutes.
4. Gently remove the dough from the bowl with the help of a scraper and place into a lined tin or baking sheet. Cover and give it a final prove for another hour or so until it has doubled in size.
5. Once proved, uncover and lightly dust the loaf with flour and cut slashes in the top.
6. Place in the oven and bake for approx. 30 minutes, until golden brown and your loaf sounds hollow when tapped underneath.
7. Turn out while warm and cool.



BEEETROOT, COUSCOUS & CHICKPEA SALAD

SERVES



Ten

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 300g couscous
- 1tbsp. vegetable oil
- 750g cooked beetroot, diced
- 800g chickpeas, drained and rinsed
- Mint, small handful, chopped
- 1 lime, juiced
- 2tsp. olive oil
- ½ cucumber, coarsely grated
- ½ pomegranate, seeds
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Place the couscous in a large bowl with the oil and cover with 375ml boiling water. Leave to absorb the liquid and cool completely, then fluff up with a fork.
2. Mix together the beetroot, chickpeas, mint, lime and olive oil. Chill until ready to serve.
3. Stir in the cucumber and pomegranate seeds and season to serve.

An illustration showing the growth stages of a beetroot in a cross-section of soil. From left to right: a seedling with two leaves and a few seeds, a small sprout, a young plant with three leaves and a small root, a larger plant with five leaves and a medium-sized root, and a fully grown plant with seven leaves and a large, dark purple root. The background is a light purple color with faint outlines of various vegetables like tomatoes, carrots, and leafy greens.

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JUNE

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BEETROOT

RECIPE BOOKLET