



Recipe of the Week

PICKLED BEETROOT

This is one of my all-year favourites and it lifts ordinary salads to another level. Or combine it with salmon or cold meats. And home-made burgers are way better with pickled gherkins and pickled beetroot. Jars and lids must be sterilised before the beetroot and brine are added. Once sealed, do not open until you are ready to serve. Makes 1 litre. Keeps well in the fridge after opening.

Ingredients

- 1 kg (6-8 medium beetroot), leaves trimmed off
- 200g sugar
- 500ml white vinegar
- 1 ½ tsp black peppercorns
- 2 cinnamon quills
- Zest of 1 orange in thick strips obtained by using a potato peeler

Method

1. Put the beetroot in a saucepan set over high heat and cover with cold water. Cover and bring to the boil. Reduce the heat to medium low and simmer for 1 hour to 1 hour 15 minutes, or until the beetroot is tender. Strain the beetroot, retaining both the liquid and the beetroot.
2. Once cool enough to handle, peel the beetroot and trim the tops and bases. Cut the beetroot in half and cut each half into 1cm thick wedges.
3. Return the cooking liquid to the saucepan and add the sugar and vinegar and set over low heat, stirring continuously, until the sugar is dissolved.
4. Put the pickling spice, peppercorns, 1 cinnamon quill and half the orange zest into a small piece of muslin. Tie tightly to enclose the spices. Add the muslin spice bag to the vinegar mixture and bring to the boil.
5. Add the beetroot pieces and return to the boil. Boil for 3-5 minutes.
6. Clean and sterilise a 1 litre jar and lid.

7. Pack the beetroot into the clean, hot, sterilised jar. Put the second cinnamon quill and remaining orange zest in the jar and pour the hot liquid into the jar to cover the beetroot. Put the clean, hot, sterilised lid onto the jar and close tightly to seal.
8. Sit on a board until cool. Wipe the jar and store at room temperature until required or for up to 6 months.

Recipe courtesy Ruth Pretty, NZ Gardener 2021 Garden Diary