

SWEET & SOUR RED BEETROOT



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Beetroots, cooked sweet and sour, are served with beetroot crème, baked almonds, watercress and goats cheese.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

SWEET & SOUR RED BEETROOT Sweet And Sour Marinated Beetroot

- 200g Natural vinegar
- 100ml Water
- 100g Sugar
- 2 pieces Beetroot

Beetroot Crème

- 500g Beetroot
- 50g Butter
- ½ piece Shallot
- 20ml Sherry Vinegar
- 50g Sugar



- 200g Chicken Stock
- Salt

Methods and Directions

SWEET & SOUR RED BEETROOT

Sweet And Sour Marinated Beetroot

- Boil the beetroot till it softens, peel it, and divide into pieces. Bring the water, sugar and vinegar to a boil. Let it cool and add the beetroot. Vacuum reserve till use.

Beetroot Crème

- Cook the beetroot in the oven on sea salt. Melt the butter, add the shallot and the beetroot. Add the sugar and let it slightly caramelise. Add the sherry vinegar and chicken stock and let it reduce. Blitz the beetroot and strain, add salt to flavour.

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