Fat Chance Farmstead
CHEAT SHEET

BEETS

HOW TO STORE, PREP & COOK 'EM

HOW TO STORE 'EM

When you first get them home, take the tops off. Store beets in a plastic bag in the fridge. If you plan to eat the tops, store them in a separate plastic bag. The tops won't last long, so use them asap.

HOW TO PREP 'EM

Trim the top and the root. Peeling isn't necessary (more nutrients!) depending on how you're eating them.

HOW TO COOK 'EM

You can eat beets raw or cooked.

Enjoy them raw:
Grate and add to a salad or pasta salad

Enjoy them cooked:
Boil or roast them. Beets take longer to cook than other root veggies; boil for 25-30 minutes and roast for 50-60 minutes.

3 RECIPES TO TRY

Beet salad with goat cheese (or feta)

4 medium beets - scrubbed, trimmed and cut in half
1/3 cup chopped walnuts
3 tablespoons maple syrup
1 (10 ounce) package mixed baby salad greens
1/2 cup frozen orange juice concentrate
1/4 cup balsamic vinegar
1/2 cup extra-virgin olive oil

Boil beets in a pot for 20 minutes, or until slightly soft. When cooked, let cool, then peel skins and chop into bite-sized pieces.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

Beet hash (with optional egg & bacon)

1 pound boiled beets, peeled and diced
1/2 pound boiled potatoes, diced
Coarse salt and freshly ground black pepper
2 Tbsp extra-virgin olive oil
1 small onion, diced
2 tablespoons chopped fresh parsley
4 large eggs (optional)
5 slices of bacon, chopped (optional)

Heat oil in a high-sided skillet over medium-high heat. Add boiled beets and potatoes and cook until potatoes begin to turn golden, about 4 minutes. Reduce heat to medium, add onion and bacon, and cook, stirring, about 4 minutes. Adjust seasoning and stir in parsley.

Make four wide wells in the hash. Crack one egg into each and season egg with salt. Cook until whites set but yolks are still runny, 5 to 6 minutes.

Simple beet soup

3 tablespoons butter
1 medium onion, chopped
3 cloves garlic, chopped
4-6 beets
2 cups chicken broth
salt and freshly ground pepper
Cream or sour cream (optional)

Warm butter in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.

Stir in chicken broth and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 30 minutes. Remove from heat, and allow to cool slightly.

In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream or sour cream.