

Beets in a Bag

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 1 hour 45 minutes

Roasting the Beets

First, gather and prepare your mise en place.

Preheat the oven to 275°F (135°C).

Scrub the beets well. In medium bowl, toss the beets with the vegetable stock, lemon juice and the thyme sprigs. Forming a tin foil boat, wrap the beets so they have some room to steam in their own juices within the tin foil and tighten the edges.

Place the package on a sheet pan and cook for 45 to 65 minutes (depending on size of beets). The beets are done when they are fork-tender. When done, allow to cool in the bag. This will help the skins loosen up for peeling (optional).

Step 1: Roasting the Beets

- 4 to 5 medium beets, whole and unpeeled
- 1/4 cup vegetable stock
- 1 lemon, juiced
- 2 sprigs fresh thyme

Step 2: Finishing the Dish

- 3 tbsp sherry vinegar
- sea salt, optional
- freshly ground black pepper, to taste
- 2 tbsp fresh chives, minced

If skinning red beets, it is a good idea to wear gloves to avoid staining. Try not to peel off skins under water—you will lose much of the flavor gained from the slow cooking process.

To finish the dish, cut the beets into wedges, toss with sherry vinegar, the optional sea salt, freshly-ground pepper and minced chives.

Serve as a side dish or as the base to a salad with grapefruit, arugula and Cashew Cream Cheese