

Beet Purée

Savannah · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

A simple and delicious beet purée recipe Roasting beets intensifies their flavor but can take a long time Here they're peeled cut into small wedges drizzled with oil and seasoned with orange garlic ginger and coriander before being wrapped in foil They pick up flavor from the seasonings and bake in only 30 minutes

Ingredients

- - 2 pounds fresh beets (without greens)
- peeled and cut into 1/2-inch-thick wedges - 2 cloves garlic
- thinly sliced - 1 (1 inch) piece fresh ginger root
- peeled and thinly sliced - 1 ½ teaspoons ground coriander - 1 teaspoon salt - 1 tablespoon olive oil - ¾ teaspoon finely grated orange zest - 3 tablespoons orange juice - 1 tablespoon apple cider vinegar - 2 tablespoons butter
- cut into bits

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Place a large sheet of aluminum foil on a rimmed baking sheet. Scatter beets on the baking sheet along with garlic and ginger. Sprinkle with coriander and salt
2. and drizzle with oil. Cover with another sheet of aluminum foil and seal edges to form a packet. Bake in the preheated oven until beets are tender enough to be pierced with a knife
3. about 30 minutes. Remove from the oven and let beets steam in foil packet for 10 minutes. Unwrap packet and transfer beets
4. garlic
5. ginger
6. and any juices into a food processor. Purée with orange zest
7. orange juice
8. and vinegar until almost smooth with only small lumps. Add butter and purée until incorporated.