



Roasted Sweet Beet Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 garlic clove peeled sliced
- ☐ 1.3 cups granulated sugar
- ☐ 2 ounces horseradish freshly grated (or pickled horseradish, see below)
- ☐ 40 servings olive oil for drizzling
- ☐ 1 large onion red peeled finely chopped
- ☐ 0.7 cup red wine vinegar
- ☐ 2 teaspoons sea salt

- ☐ 2.3 pounds tomatoes

Equipment

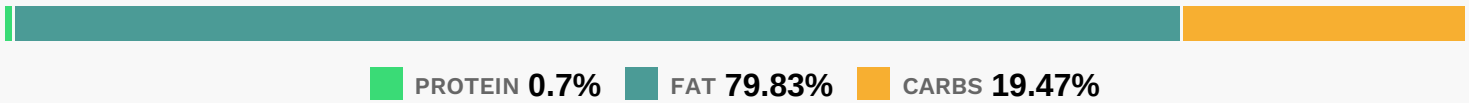
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 350°F. For the tomato purée, halve the tomatoes and place them, skin side down, on a baking sheet.
- ☐ Sprinkle with the salt, garlic, and olive oil. Roast for 1 hour on the bottom shelf of the oven, then remove. Press through a sieve or pass through a food mill to remove the skins and seeds – you'll end up with about 1 1/4 cups of intensely flavored purée.
- ☐ Meanwhile, put the beets into a baking dish and drizzle with a little olive oil. Roast, above the tomatoes, for 1 to 1 1/2 hours (longer if necessary), until the skins are blistered, blackened, and loosened.
- ☐ Let cool a little before peeling. You'll find the skins will slide off easily. Coarsely grate the beets (a food processor makes this job easy).
- ☐ Put the sugar, vinegars, onion, and horseradish into a large saucepan; bring to a boil and cook for 5 minutes. Stir in the tomato purée and cook for a couple minutes more. Finally, add the grated beets and cook for about 10 minutes, until thickened.
- ☐ Transfer to sterilized jars and seal with vinegar-proof lids (see pp. 21–22). Use within 1 year. Refrigerate once opened.
- ☐ P.S.
- ☐ It's easy to pickle horseradish root. Just grate enough fresh root to fill a jam jar, sprinkle with 1 teaspoon of salt and 1 teaspoon of sugar, top up with cider vinegar, and seal with a lid. Use in sauces, dressings, and soups, and serve with roast beef.
- ☐ Taste

- ☐ Book, using the USDA Nutrition Database
- ☐ The River Cottage Preserves Handbook by Pam Corbin.Pam Corbin has been making preserves for as long as she can remember, and for more than twenty years her passion has been her business. Pam and her husband, Hugh, moved to Devon where they bought an old pig farm and converted it into a small jam factory. Using only wholesome, seasonal ingredients, their products soon became firm favorites with jam-lovers the world over. Pam has now hung up her professional wooden spoon but continues to "jam" at home. She also works closely with the River Cottage team, making seasonal goodies using fruit, vegetables, herbs, and flowers from her own garden, and from the fields and hedgerows.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:4.78, Inflammation Score:-2, Nutrition Score:2.0804347680963%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 155.42kcal (7.77%), Fat: 14.08g (21.65%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 7.36g (2.68%), Sugar: 7.15g (7.94%), Cholesterol: 0mg (0%), Sodium: 118.56mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin E: 2.15mg (14.36%), Vitamin K: 10.46µg (9.96%), Vitamin C: 3.81mg (4.62%), Vitamin A: 212.62IU (4.25%), Manganese: 0.04mg (2.05%), Potassium: 68.43mg (1.96%), Fiber: 0.36g (1.44%), Vitamin B6: 0.03mg (1.37%), Folate: 4.36µg (1.09%), Iron: 0.19mg (1.03%)