



Two Tubers

All things potato and truffle

Quick Pickled Beetroot

Ingredients

Bunch beetroots
1 clove garlic
1 tbsp oil
¼ cup caster sugar
½ cup vinegar
1 tbsp salt
2 tbsp Sesame oil
1 tbsp celery seeds

Method

Remove leaves from the beetroot bulbs. Keep the leaves for beetroot greens. Place both greens and bulbs in water to soak. Prepare the garlic by peeling and slicing. Wash the beetroot bulb well and trim the ends. Leave the skin on the beetroot, and if the bulbs are large, cut them in half. Place a large piece of foil on the work surface and top with the beetroot bulbs and garlic. Drizzle with oil, then scrunch the foil up to enclose the beetroots. Bake in a 180-degree oven until tender. I test every 30 minutes, as times will vary depending on the oven, size, and number of beetroots. You need to be able to insert a vegetable knife easily. Once tender, remove the beets from the oven and allow to cool.

While the beetroot bulbs are cooling, make the pickling liquid. In a saucepan, add the caster sugar, vinegar, salt, sesame oil and celery seeds. Place on a gentle heat and bring to a simmer. Simmer until the sugar and salt have dissolved. Turn off the heat and allow to cool slightly.

While the pickling solution is cooking, and when the beetroot bulbs are cool enough to handle, use a knife to peel and cut the beetroot into bite-sized chunks. Add the beetroot to the pickling solution and stir gently. Using tongs or a spoon, place the beetroot into a sterilised jar and top with the pickling solution. The pickled beetroots can be served immediately, warm or cold, or stored in the refrigerator for several weeks.