



Beets, Pickled

Prep Time : 5 minutes **Cook Time** : 50 minutes **Servings** : Serves 4 **Source** : Simplyrecipes.com

INGREDIENTS

- 1 bunch (4 or 5) beets
- 1/4 cup cider vinegar
- 1 tablespoon sugar
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon dry mustard
- Salt and pepper

DIRECTIONS

- 1 Remove greens from beets, save for future use (see beet greens recipe). Scrub the beets free of any dirt.
- 2a Boiling method. Place the beets in a medium saucepan and cover with water by about an inch. Bring to a boil on high heat then lower the heat and maintain a simmer for 35 to 45 minutes, depending on the size of the beets, until they are easily pierced with the tines of a fork.
- 2b Roasting method. Rub the beets with olive oil and wrap them in foil (you can wrap them all together, no need to wrap them individually). Roast in a 400°F oven for an hour or until they are easily pierced with a fork. Let them cool to the touch.
- 3 If you have boiled the beets, drain them and rinse them with cold water. Use your fingers to slip the peels off of the beets. The peels should come off easily. Discard the peels. Quarter or slice the beets.
- 4 Make the vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. The dry mustard will help to emulsify the vinaigrette. Adjust to taste. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature.