



# GET CREATIVE WITH... BEETROOT

EVERY CHEF HAS THEIR CREATIVE CHALLENGES. ARE YOU LOOKING FOR A FRESH COMPONENT TO COMPLETE YOUR DISH? DO YOU WANT TO GIVE ONE OF YOUR MOST POPULAR STARTERS A UNIQUE TWIST? HAVE YOU BEEN TASKED WITH DEVELOPING A THREE-COURSE VEGETARIAN MENU? OR... THE QUESTION WE ASK OURSELVES IN THIS ARTICLE: WHAT COOKING TECHNIQUES CAN WE USE TO PREPARE BEETROOT, TO SERVE THEM IN A MORE CREATIVE WAY? TOGETHER WITH GASTRONOMIXS.COM, WE SHOW YOU WHAT YOU CAN DO WITH THIS BEAUTIFUL INGREDIENT!



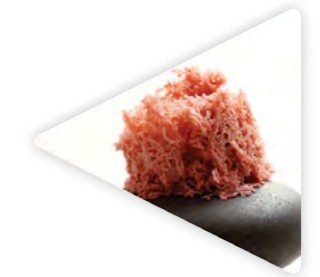
Beet purée



Beetroot biscuits



Beetroot cloud



Sponge cake of red beet

‘Just as you use the best quality knives and other equipment, Gastronomixs is an advanced tool for your brain.’

**BUILDING BLOCKS FOR ENDLESS CULINARY CREATIONS**

Gastronomixs.com is an advanced tool for your brain by providing thousands of recipes - called components. These are not dishes but preparations of one single ingredient, which you can see as culinary building blocks. As a chef, you love your profession and are driven by your passion for cooking. However, like many of your colleagues, you are also busy doing all sorts of jobs that have very little to do with cooking at all... If you scarcely have any time to experiment with new recipes, want to stay ahead in your profession, and want to keep stimulating your creativity, then Gastronomixs is the answer!

**INGREDIENT IS ALWAYS KEY**

Without high quality ingredients, you can't make great tasting dishes. To prepare an ingredient in the best way possible, you should know how it grows, when it's in season, what the structure is, what the basic techniques are for preparing it and what the flavours are that combine with it. New insights can bring out the best in simple products. The beetroot has made a complete comeback, part to modern cooking techniques! Its unusual combination of sweet and earthy flavours makes the beetroot suitable for far more uses than grandma's boiled version.

## FACTS ABOUT BEETROOT

- ▶ Basic techniques: blanching, steaming, glazing, preserving, stir-frying, filling, planing, smoking, marinating.
- ▶ Taste combinations: beef, pork, liver, fatty fish, potato, anchovies, apple, chocolate, dill, egg, goat cheese, capers, coconut, cumin, horseradish, orange, onion, walnut, watercress.
- ▶ Beetroot is part of the tuber and root vegetables family.
- ▶ While red is the iconic color of beets, the root vegetable actually comes in a variety of colors, including yellow, "candy cane" (red and white striped on the inside), and all white.
- ▶ Beets were considered an aphrodisiac in ancient Roman times.
- ▶ Boil beet in slightly acidic water to keep the color.
- ▶ Beets do not have to be boiled in boiling water. It is better if the water is 80-85 ° C, as a result of which the beets will cook more evenly. This takes a bit longer, about 2 hours.
- ▶ Beetroot has one of the highest sugar contents of any vegetable. Up to 10 percent of beetroot is sugar.

- ▶ The sugar content of beets is sometimes used for making chocolate pastry, syrup and other sweets.
- ▶ To cure the inevitable "pink fingers" when cooking beetroot, rub with lemon juice and salt before washing with soap and water.
- ▶ The world's heaviest beetroot weighed 23.4kg (51.48lb) and was grown by Ian Neale from Somerset in 2001.
- ▶ Beetroot juice is one of the richest dietary sources of antioxidants and naturally occurring nitrates. Nitrates (not to be confused with nitrites!) are compounds which improve blood flow throughout the body—including the brain, heart, and muscles.
- ▶ The terms "beetroot" and "beet" refer to the same vegetable. The British typically call the red-root vegetable a "beetroot," while those in the United States and other parts of the world typically refer to them as "beets."
- ▶ The entire beet is edible, from the top of the greens to the bottom of the root.

# RED BEETROOT DESSERT WITH APPLE TAGLIATELLE, AND YOGHURT SORBET



Apple tagliatelle



Lemon frozen yoghurt



Beetroot, classic cooking method



Red beetroot espuma

## RED BEETROOT ESPUMA

### INGREDIENTS

- 400 g beetroot juice
- 100 g sugar water 1:1
- 10 g gelatine leaves

### PREPARATION METHOD

- Soak the gelatine leaves in cold water. Heat part of the beetroot juice and dilute the gelatine in it.
- Stir in the remaining beetroot juice and the sugar water and pour into a half-litre siphon.
- Aerate with one charger and refrigerate for at least 2 hours.

## BEETROOT CLASSIC COOKING METHOD

### INGREDIENTS

- 3 large or 6 small beetroots
- 50 g butter or margarine
- 1 dl vinegar
- 2 small onions
- 5 cloves
- sago, starch product

### PREPARATION METHOD

- Clean the beetroots thoroughly in lukewarm water.
- Cook in plenty of boiling water until the skins can easily be peeled off (3 to 4 hours in the winter, 2 to 2.5 hours in the summer).
- Drain in a colander, remove the skins and cut them into thin slices or cubes.
- Peel, wash and then finely chop the onions and cook them in a minimum amount of water (15 minutes).
- Thicken the moisture with sago that has been prepared, add the butter, vinegar, cloves and beetroots and stew for another 20 to 30 minutes.

If you are curious to discover how Gastronomixs can inspire you, you can take out a **free two-week account** to give the platform a decent test-drive! More than 25,000 chefs are already using this online tool which contains thousands of recipes from cuisines from around the world. [Go to Gastronomixs.com](https://www.gastronomixs.com) and be inspired!