Kitchen Cupboard

By Rosemary K. Jackson

In our rush to give our family enough green vegetables, we sometimes forget about those delicious red beets. Here are some recipes featuring beets that your family will surely enjoy.

Borsch Russian Beet Soup

2 tbs. fat
1 medium onion, chopped
3/4 cup diced potatoes
3/4 cup finely shredded cabbage
3/4 cup chopped celery
2 qts. beef stock or canned bouillon
1 cup canned tomatoes
3/4 cup beet juice
1 cup diced cooked beets
1 tbs. lemon juice
1 tsp. salt
1/8 tsp. pepper
3/4 cup sour cream

Put fat into a skillet. Add onion and saute until golden in color. Combine with remaining vegetables and add to the beef stock. Simmer for 30 minutes. Put tomatoes through a wire sieve and add to soup. Add beet juice. Simmer until vegetables are tender. Add beets and lemon juice. Season with salt and pepper. Remove from heat before beets lose color. Serve hot with a tablespoon of sour cream on each portion. Serves 8-10.

Beet Salad

1/2 cup cider vinegar

1/4 cup water
2 tsp. dry mustard
1/2 tsp. salt
1/3 cup sugar
1/2 tsp. celery seed
2 cups sliced cooked beets
1 medium onion, sliced

Heat the vinegar and water to boiling. Add the mustard, salt and sugar. Blend until they're mixed and return to the boil. Now combine the celery seed, beets and onion; and pour the vinegar water solution over the mixture. Cover the beet salad and put in the refrigerator to marinate overnight or longer. Serves 3-4.

Beets with Pineapple

2 tbs. brown sugar
1 tbs. cornstarch
1/4 tsp. salt
9 oz. can pineapple tidbits
1 tbs. butter or margarine
1 tbs. lemon juice
1 lb. can (2 cups) sliced beets, drained

Combine the brown sugar, cornstarch and salt in a saucepan. Stir in the pineapple with its syrup. Cook this mixture, stirring constantly, until it thickens and bubbles. After you've added the butter, lemon juice and beets, heat it through for about 5 minutes. Serve the sparkling red beets in their sweet albeit tart fruit sauce warm. Serves 4-6.

Baked Julienne Beets

6 medium beets
1/2 cup boiling water
1/2 tsp. salt
2 tsp. lemon or lime juice
1 tbs. butter
dash of pepper

Scrub the beets, peel and cut into julienne strips. Put in a 1.5-qt. casserole dish. Add

water and salt. Cook covered in a moderate oven (350 degrees) for 30- 45 minutes. Just before serving, add lemon or lime juice, butter and the dash of pepper. Serves 4-6.

If you have a favorite recipe featuring beets that you would like to share with the readers of The Sun, email it to: news@thesunontheweb.com[1]

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