



Full Belly Farm

Fresh, delicious veggies fruits and nuts

CCOF Certified Organic since 1985

P.O. Box 251 • Guinda CA 95637

belly@fullbellyfarm.com • www.fullbellyfarm.com

BEET & RUTABAGA RECIPES

These recipes updated 7/10/10

Double Beet Pasta

From *Beet* 11/2006

Hurrah for beets! The sweet earthiness of the beet roots combined ideally with the rich flavors of beet greens, whole wheat pasta, and parmesan cheese:

3 to 4 beets with their greens
3 cloves of garlic, peeled and minced
olive oil
walnuts, lightly toasted
parmesan cheese, shaved
sea salt
freshly ground black pepper
12 oz. whole wheat pasta

Put on the pot of water for the pasta. Separate the beet roots from their greens. Peel and dice the beets. Heat a heavy covered frying pan over medium heat, add some olive oil and the diced beet roots. Cook covered, stirring occasionally and adding a bit of water if needed to keep them from burning. When beets are mostly soft, add the minced garlic, and chopped beet greens and sauté until they are reduced and softened. Season with sea salt and freshly ground black pepper. When the pasta is done cooking, drain and immediately put it into a hot bowl and add the beet mixture. Drizzle some more olive oil on top, then serve with shaved parmesan cheese and a handful of toasted walnuts. Note: If you're a greens fan like I am, feel free to add more greens (chard is especially good) with the beet greens.

--Penny Barthel, Albany

Beet Borscht

The following recipe was submitted by member Allysson McDonald

From *Beet* 11/2004

I made this the other day and it turned out really yummy. I highly recommend fresh herbs and sour cream for the delicious flavor. This is an adaptation of other recipes I've seen. I have a new mini-food processor that made shredding the beets much faster. I used to hand grate them. Chopping is also acceptable.

4 cups water and/or stock

1 medium onion, chopped finely

1-2 cloves garlic

1-2 potatoes, chopped or diced (may be boiled separately to retain whiteness)

1 cup combination of carrots, celery, parsnip, bell pepper, chopped or finely shredded

1-2 cups beets, shredded or diced (I recommend you wear an apron!)

1/2 to 3 cups combination of parsley, shredded red or green cabbage, chopped beet tops, chard, spinach or other greens

1 cup tomato sauce or tomato juice (or use a couple of tablespoons of tomato paste and add more water, or use 1/4 cup lemon juice, a couple of tablespoons of sugar and add more water.) Last time I substituted pasta sauce, and it turned out great!

1/2 tsp. dried dill weed or 1 tsp. dill seed, or a little fresh dill

1 1/2 cups cooked kidney beans (or one can) -- optional, I add this for protein as most borscht is made with beef, and this is a vegetarian recipe)

Put 1/4 cup of stock or water into large stockpot or Dutch oven and add onion and garlic. Sauté over medium heat about 5 minutes. Add potatoes (unless cooking separately), combined veggies, beets, cabbage or other greens (except parsley), tomato sauce or substitute, and dill. Bring to simmering. Add liquid as necessary. Cook until veggies are half done (about 20 minutes?) and add beans and parsley (optional) and remaining liquid. Simmer another 15 minutes or until veggies are done (depends on how finely you cut them). Add potatoes if cooked separately.

Top each serving with a dab of plain yogurt or sour cream and serve with rye bread. As beet juice is a colorful dye, you may want to provide bibs all around! Makes about six large servings.

Roasted Beet Salad

From 6/07

1 lb of beets
1/4 cup sliced almonds
3 tablespoons olive oil
salt
1 tablespoon minced shallots (or substitute the onion in your box?)
1 tablespoon fresh lemon juice
1 1/2 tablespoons red wine vinegar
1/4 teaspoon sugar

Put a rack in the middle of the oven and preheat it to 400°. Tightly wrap the beets in foil and roast them on a baking sheet until tender, 1 hour or more. Cool in the foil package until they are cool enough to handle.

Cook the almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Then cool the almonds in the oil and finally transfer them to a small bowl and season them with salt.

Stir together the shallots, lemon juice, vinegar, sugar, 1/2 teaspoon salt, and oil from the almonds in a large bowl. Slip the skins from the beets and slice them into 1/4-inch thick slices. Add to the dressing, toss and coat. The beets absorb the flavors best when they are warm. Sprinkle the almonds on top.

Beets by Baggins

(Recipes from our members!)

From 5/06

Dear Full Belly,

I admit I am not a fan of beets. Love beet greens, but never found a good use for beets until now. Inspired by a lovely children's book called *Thunder Cake*, I tried this and it was a huge hit. Now everyone in my family smiles to see beets in the box.

Take one bunch of beets, peel and dice. Boil until well cooked in 4 cups of water. Let cool. Put the result, liquid and all, in the blender, and liquify. (Do this in batches if your blender isn't strong -- this is very messy and beets stain.) If you only want to make one cake, freeze half of the beets for next time.

Get two chocolate box cakes. I use devils food. Follow the directions, replacing the water with the liquid beets.

That's it. Works for cupcakes or whole cakes, and makes the most chocolaty moist cake ever. Give it a try.

-- *Teddi Baggins*

Chilled Beet and Buttermilk Soup

From 5/04

4 to 5 medium beets (4 cups chopped cooked)
1 cup unsweetened apple juice
2 cups buttermilk
1 tablespoon minced fresh dill
1/4 cup minced scallions or chives

Simmer the beets in water for about 40 minutes, until they easily pierce with a knife. Drain them and rinse them with cold water. When they have cooled, squeeze them with your hands and their skins will slide off easily. Cut off the stem and chop. In a blender or food processor, combine beets, apple juice and buttermilk and puree until smooth. Transfer to a bowl and stir in the dill and scallions. Refrigerate for at least 2 hours. Add salt to taste.

Beet Freak

(recipe provided from member Helen Chodack)

From 4/02

3 to 4 cups grated raw beets
1 cup alfalfa sprouts
1 bell pepper (chopped) (or substitute carrots)
1/3 cup water
1/4 cup oil
1/2 tsp honey
juice of one lemon or lime
salt to taste

Blend 1 cup total mixed of the grated beets, bell pepper, oil, water, honey, lemon juice and salt. The resulting sauce should have a sour taste. If it continues to have a really pronounced beet taste, add more of the vegetables or salt. Mix the remaining beets and bell pepper with the alfalfa sprouts in a large bowl and add the sauce.

Beet and Horseradish Salad

From 4/02

3 medium beets (or more if small!)
3 tablespoons of sour cream or plain yogurt
1/4 teaspoon salt
1/4 teaspoon sugar
dash of freshly ground black pepper
1 1/2 to 2 tablespoons freshly grated horseradish root or 1 tablespoon of prepared horseradish

Cut off the stems of the beet greens about an inch above the beets and wash and dry them. Clean the beets, but do not remove the roots and do not peel them. Boil the beets in enough water to cover, or until they are easily pierced with a fork. Cool the cooked beets, cut off the ends, rub off the peel and cut them into julienne strips. You should have about two cups. Blend the sour cream or yogurt with horseradish, salt, sugar and pepper. Add the beets and stir gently. Chill. Cut the beet greens into strips. Arrange the greens around the outside edge of a bowl and mound the salad in the center.

Recipes From Our Members

From 4/05

I woke up a few days ago earlier than usual and felt inspired to cook. I came up with this recipe and realized that all the ingredients, except the vinegar and rosemary were from Full Belly! It was easy and yummy, so I thought I'd share it.--*Set Sarrafan*

2 rutabagas, sliced
3 beets, sliced
3 carrots, sliced
2 ribs of celery, sliced
2 leeks, sliced
6 small lamb chops
1 bag of dried onions (optional)
1/4 - 1/2 cup of apple cider vinegar
rosemary
salt and cayenne pepper

Cover the bottom of the slow cooker with the sliced vegetables. I put the rutabagas and the whites of the leeks towards the bottom, but I don't think it matters too much. Save the leaves of the celery and a handful of the green parts of the leeks for the top. Cover the vegetables with the lamb chops. Cover the chops with rosemary, salt and cayenne pepper. Throw in the rest of the leeks and celery leaves. Cover with the dried onions if you like. Add the vinegar. Cook on low for 7-8 hours. When you get home from work, it'll smell wonderful!

Rutabagas

From 3/08

Try the scalloped rutabaga recipe on the Full Belly web site: www.fullbellyfarm.com/recipes.html. Rutabagas are also good mixed in with potatoes in a mashed potato dish – they add a wonderful flavor. Or try roasting them with other winter vegetables.

Carla West, one of our CSA members sent us the following rutabaga recipe that she likes to eat herself, but which also makes great baby food!

1 lb of chopped carrots
1 lb of chopped rutabaga
4 tablespoons of butter
Ample salt and pepper

Boil vegetables until soft. Drain and put them in a food processor. Add the butter. Process until soft.

Rutabaga Fries

From 3/05

Preheat oven to 475 degrees.
Peel the rutabagas and slice them into french fry shape.
Toss the rutabaga fries in oil, and salt and pepper generously.
Spread the fries out on a sheet pan that has been lined with parchment paper or aluminum foil.
Roast until golden brown and cooked all the way through.

Note: Rutabagas and other root vegetables have more sugars in them than Idaho or russet potatoes and thus tend to caramelize faster. When cooking the rutabaga fries, watch them carefully. If they tend to get too dark too fast, turn the oven down to about 375 or 400 degrees.

Rutabagas can also be cooked and mashed like potatoes. They are great in a mashed potato/rutabaga mix.

Potato Beet Salad

From 1/04

Dice potatoes and beets into 1/2-inch cubes and steam until just tender. Meanwhile, prepare a vinaigrette dressing by combining 1 clove minced garlic, 2 Tbsp vinegar, 1/4 tsp dijon mustard, 9 Tbsp olive oil, and salt and freshly ground pepper to taste. Drain beets and potatoes and toss with the prepared vinaigrette, 1/4 cup chopped parsley, 1/3 cup chopped scallions, and 1 cup chopped pickles. (Note: The beets will bleed, causing the whole salad to turn red - but its very pretty!)

Organic Carrot, Squash and Rutabaga Soup

(from Julie Lovins - Mt. View CSA)

From 1/08

4-5 small or 2-3 large carrots, finely chopped
1 medium rutabaga, finely chopped
1 butternut squash, finely chopped
1 large onion (or leek)
2 T corn flour mixed well with 1 cup water
A handful of finely chopped parsley
A pinch of ground black pepper
A pinch of sea salt to taste

Place the chopped carrots, squash and rutabaga in a medium size, deep saucepan. Fill it up with water until vegetables are covered. Bring contents to a boil then, reduce the heat to low and simmer until everything is soft. Use a masher and slowly mash the vegetables into puree form. Stir constantly until it is all mixed well and smooth. Add in the corn flour and water mixture. Keep simmering until the soup is thickened and pasty. Add in salt to taste. Sprinkle ground black pepper and parsley over soup and serve.

Carrot and Rutabaga Bake

Submitted by *Rachel Goldeen*

From 2009

1 to 2 lbs. Rutabagas 3 Carrots 2 Green Garlic stems Fresh Cilantro Salt & Pepper 3/4 cup grated Cheddar Cheese 1/4 cup grated Parmesan Cheese
Trim the tops and bottoms from the rutabagas, cut in half and cook with the peels on. You can

cook them in a pressure cooker for 7 minutes at full pressure, or boil them in water for about 40 minutes, until tender. Drain the rutabagas, let them cool and then slip the peels off.

Slice each carrot in half and then into thin sticks. Put the carrots on the bottom of a 9x13 inch baking dish. Slice the cooked, peeled rutabagas and spread out on top of the carrots. Wash and mince the green garlic and spread on top of the carrots and rutabagas. Add on top of that some chopped cilantro, sprinkle with salt and pepper and then distribute the grated cheeses on top.

Place in a preheated 375 degree oven and bake for about 30 minutes until the cheese starts to brown on top.

Beets Constantine

From 3/10

This recipe was sent to us more than a year ago by Ariane Michas, one of our members. She said, "I have a beet dish from my Greek father-in-law that I would like to share. This dish takes no more than 20 minutes, and uses the whole beet -- greens and all... Garlic salt is an ingredient I used to turn my nose up at, but it is totally essential for this recipe. It isn't the same without it."

1 bunch beets
olive oil
red wine vinegar
garlic salt
fresh ground pepper

Trim and peel beets and slice into 1/4-inch rounds. Chop the beet greens and stems into 1-inch pieces and rinse thoroughly. Place the sliced beets in a saucepan and cover with water. Bring the beets to a gentle boil, covered, and simmer them until they are nearly tender. Add the beet greens and stems and cover. It's just fine if the greens are still damp from washing, the water will help them cook evenly. The layer of beets below acts as a sort of natural colander, steaming the greens. When the greens have wilted and stems and beets are tender, drain off all of the water. Put in a bowl and sprinkle garlic salt and fresh pepper to taste. Drizzle liberally with good olive oil and red wine vinegar while the beets are still hot.

The dish can be served warm or room temperature, makes great leftovers, and is a lovely accompaniment to any summer salad.

