

# HERBED CHEVRE & PICKLED GOLDEN BEET

## CANAPE RECIPE

### INGREDIENTS



230 g Golden Beets (1 ½ Cups Chopped)

1 Tbsp Apple Cider Vinegar

Pinch of Salt

3 Long English Cucumbers

2 Small Chioggia Beets

#### Pickled beet brine

¼ Cup Sugar

¾ Cup Apple Cider Vinegar

½ Tsp Mustard Seeds

¼ Tsp Black Peppercorns

2 tsp Turmeric

1 Sprig of Thyme

Pinch of Salt

**Yield** - 30 Canapes

#### Herbed Chevre

2 Cloves Garlic, Minced

2 Scallions, green and white separated

1 tsp Vegetable Oil

100g Chevre

1 Tbsp Heavy Cream

2 tsp Tarragon, Chopped

1 Tbsp Basil, Chopped

1 Tbsp Dill, Chopped

2 tsp Thyme, Chopped

1 Orange, Zest only

½ tsp Salt

½ tsp Gr. Black Pepper

### INSTRUCTIONS

1. Boil whole beets with skin on. Add 1 Tbsp of vinegar and pinch of salt.
2. While beets are cooking place mustard seeds and peppercorns in a sachet (using cheese cloth or a tea bag) combine all ingredients for the brine in a pot, bring to a boil, dissolve the sugar. Turn off the heat.
3. After 30 mins check beets for tenderness using a fork. Make sure to test the largest beet.
4. Drain. Let cool slightly and remove skin. Medium dice, put in a glass bowl and set aside.
5. Re-heat brine until it steams then pour over beets. When sufficiently cool, cover and refrigerate overnight.

#### The next day

6. Strain beets and drain for 10 minutes. Place beets in a bowl lined with paper towel to absorb the excess liquid.
7. Lightly saute garlic and white part of scallions in oil on low to medium heat, add salt and pepper. Do not brown, stir frequently. Remove from pan and set aside.
8. Whip the chevre on medium with paddle attachment. Scrape down the sides then slowly pour in cream. When you have a nice velvety texture add the garlic/onion mixture, chopped herbs and orange zest.
9. Mix on low until combined. Check the taste, adjust as necessary. Scrape into a container and set aside.
10. Peel the raw Chioggia beets. Slice very thinly (with the grain/ maintaining the circle shape) with a knife or on a mandolin. Stack the slices and julienne. Set aside.
11. Slice cucumber ¼ to ½ inch thick making ~ 50 slices. Lay some out to start building the canape.
11. Scoop out ~2g chevre mixture and place on a cucumber slice. Make a small crater in the middle of the cheese.
12. Add ~4g of pickled beets in the crater.
13. Garnish with a finger full of julienne chioggia beet
14. Present nicely on a platter and impress your friends with this canape! Enjoy.



# CHOCOLATE BEET CAKE, PT 1

## DESSERT RECIPE

### INGREDIENTS

- 4 Medium Beets, Trimmed, Peeled, and Cut into 2-inch Chunks
- 2 Cups All-Purpose Flour
- 1 ½ Cups Sugar
- ½ Cup Unsweetened Dutch-Process Cocoa Powder
- 1 ½ teaspoons Baking Soda
- Salt
- 2 Large Eggs
- ¾ Cup Warm Water
- ¼ Cup Vegetable Oil
- 1 teaspoon Pure Vanilla Extract
- 2 Pinches of Nutmeg
- Vegetable Oil/Cooking Spray for Pan

#### Yield

- 80 Sample Size Pieces
- 8 Large Servings



### CAKE DIRECTIONS

1. Cover beets with 2 inches water in a pot. Bring to a boil. Reduce heat, and simmer until very tender when pierced with the tip of a sharp paring knife, about 30 minutes. Drain. Puree beets in a food processor until smooth. Portion out 300g or 1 ¼ Cup of beet puree and set aside.
2. Preheat oven to 350 degrees. Whisk together flour, sugar, cocoa powder, baking soda, and ¾ teaspoon salt in a large bowl. Whisk in eggs, water, oil, vanilla, and 1 ¼ cups beet puree (reserve remaining puree for another use).
3. Coat a 9-inch round cake pan (3 inches deep) with cooking spray. Line bottom with parchment, and coat with spray. Pour batter into pan. Bake until a toothpick inserted into the center comes out clean, about 45 minutes. Let cool in pan on a wire rack for 20 minutes. Turn out cake from pan, and discard parchment. Let cool completely, right side up.
4. Trim top of cake using a serrated knife to create a level surface. Transfer cake, cut side down, to a platter. Pour chocolate glaze over the top, and let set, about 30 minutes. Garnish with beet chips.

**Tip:** Make more than one recipe of beet puree at a time to blend more smoothly in the blender. Portion into 300g portions and freeze for quicker baking next time. Beet puree is also delicious in pasta sauce and in smoothies.



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# CHOCOLATE BEET CAKE, PT 2

## DESSERT RECIPE

### INGREDIENTS



#### Candied Beet Chips

- 4 Baby Chioggia Beets
- 1 ½ Cups Water
- ½ Cup Sugar

#### Chocolate Glaze

- ½ cup Heavy Cream
- ¾ teaspoon Light Corn Syrup
- 3 ounces Bittersweet Chocolate, Chopped

### DIRECTIONS

#### Candied Beet Chips

1. Preheat oven to 250 degrees. Slice beets very thinly into rounds, preferably on a mandoline. Bring water and sugar to a boil in a small saucepan, stirring constantly until sugar dissolves. Add beets. Reduce heat, and simmer until slightly translucent, about 30 minutes.
2. Using a slotted spoon, transfer beets in a single layer to a rimmed baking sheet lined with a nonstick baking mat. Bake until dry and slightly firm, about 1 hour.

#### Chocolate Glaze

1. Bring heavy cream and corn syrup to a gentle simmer in a small saucepan. Pour over chocolate in a bowl, and let stand for 1 minute. Stir until chocolate melts and mixture is shiny and smooth. Let cool slightly, about 10 minutes. Use immediately.

#### Assembling

1. Let cake cool fully
2. Cover with chocolate glaze
3. Before the icing sets garnish with the candied beet chips