



CS Robin's Harvard Beets

Source: Robin Young

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PDF: CS-Robins-Harvard-Beets.pdf

Prep: 30 min

Cook: 1 hr 30 min

Total: 2 hrs

Serves: 4

Ingredients:

5 lg Beets, rinsed and scrubbed - skins left on
1 c Beet juice (Cooking liquid)
 Juice from 1 Orange
1 T Corn starch
1 T Apple cider vinegar
1 T Brown Sugar or Balsamic Glaze

Directions:

Thoroughly scrub and wash the beets leaving skins on. Cook the beets until tender and reserve 1 c of the water. Peel the beets while still hot and dice.

Combine the orange juice, vinegar and brown sugar or Balsamic Glaze, mixing thoroughly. Add the corn starch and whisk until mixed. Slowly add this to the hot beet water and stir until translucent over med-high heat.

Add the diced beets and thoroughly coat. Serve hot.