



Slow Food[®]
Herefordshire

Sweet and Sour Beetroot – serves 4

Lovely cold as a salad with cured meats and smoked oily fish or hot as an accompaniment to roast venison, lamb or pork

2 freshly cooked and skinned beetroot
3tbs white wine vinegar
2 tbs sugar
Finely chopped parsley or chives to garnish
Hazelnut size piece of butter

- Cut the beetroot into matchstick size pieces
- In a shallow pan dissolve the sugar into the vinegar over a low heat
- Add the butter and dissolve
- Add the beetroot and gently toss together for a few seconds until the beetroot is coated in the sauce

Just before service garnish with the parsley or chives