

SCHMITT FAMILY FARM

Our Favorite Recipes

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Beets

Cut off Beet tops (leaves) and bottoms (roots) and wash.

Sautéed Beets

1. Boil Beets in pot with water and cover (boil small beets for 15 minutes, and large for about 30 minutes).
2. Test for tenderness with fork (like you would do for a potato)
3. Allow the beets to cool
4. Peel the skin off of the beet and slice
5. Sauté the beet with butter or olive oil
6. Add salt and pepper to taste

Pickled Beets

Ingredients:

- Beets
- Sugar
- Cider Vinegar
- Salt and pepper

Directions:

1. Boil Beets in pot with water and cover (boil small beets for 15 minutes, and large for about 30 minutes).
2. Make dressing of equal part sugar to equal part cider vinegar, add salt and pepper to taste.
3. Cover the beets with dressing
4. Chill and serve

Optional: add sliced red pepper

Baked Beets

1. Prick Beet with a fork (like you would do for a baked potato)
2. Wrap each beet in foil
3. Bake in oven on 350° for 1 hour
4. Add butter, salt and pepper