

Marinated Beets

Swick

Makes 2 cups | Active Time: 10 minutes | Total Time: 1 hour

Step 1: Cooking the Beets

- 2 whole large red beets
- 1 to 2 tbsp red-wine vinegar*

Wash and scrub the beets to remove any dirt.

Place them into a small pot and cover with cold water. Add the vinegar. * Depending on the amount of water used, about 1 tbsp of vinegar per liter or quart of water will help to maintain the deep color of the beets. Season the water with salt and bring to a simmer.

Simmer gently until the beets are tender and cooked through. Insert a paring knife into the middle. There should be little resistance and the beet should slide easily off the knife when lifted.

Step 2: Peeling the Beets

Once the beets are cooked, remove from the water.

When they are cool enough to handle, peel the beets, using the back of a paring knife. The back of a paring knife allows you to peel the skin and maintain the natural shape of the beet. (Wear a pair of food safe gloves, if you don't want to stain your hands.)

Step 3: Making the Marinade & Storing

- 1/3 cup vinegar
- 1 tbsp sugar

Cut the beets into slices, wedges or cubes. Place them into a small container and pour the vinegar and sugar over top. Stir gently to combine. Cover with a tight-fitting lid and store in the refrigerator. Toss the beets every so often to coat them in the marinade.

Consume the marinated beets within 5 days.