



beetroot magic...

Delicious, easy recipes for a family on the go

We all have a favourite recipe, often one that's been passed around the family and cooked time and time again.

It's no secret Australians love to entertain, and whether we entertain family or friends; simplicity and freshness of ingredients are the key qualities we look for in our cooking. And, with Golden Circle having been a part of the Australian family for more than 60 years, it's not surprising we embrace the comfort and convenience of a great tasting, healthy Australian icon in our families cooking.

Leanne Bennett-Jones
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I must confess we've had a lot of fun in the Test Kitchen developing and testing these new recipes, and I've loved the opportunity of using beetroot in a whole variety of dishes from quick and easy salads and dips, to crisp tarts and quiches, a truly decadent chocolate cake and fresh and fast meals suitable for the warmer months, or hearty meals for winter.



golden circle, beetroot magic...

Golden Circle is one of the world's leading beetroot suppliers, catering to the tastes of discerning consumers who have voted this one of their favourite vegetables.

Our canned beetroot is a convenient, nutritious and tasty way for the families to enjoy vegetables all year round. Available in such varieties as:

Sliced Beetroot

Golden Circle Sliced Beetroot is a traditional beetroot cut. Beetroot is fat free and a natural source of fibre. Perfect for barbecues; in sandwiches, burgers or as a side dish. Make a salad with fetta, basil and olive oil.

Baby Beets

Golden Circle Whole Baby Beets are younger whole beets. Serve in winter as a hot vegetable. Sprinkle with grated parmesan cheese and bake until golden. Serve with other vegetables or salad and meat of choice.

Beetroot Wedges

Golden Circle Beetroot Wedges are a convenient option for adding directly to salads, pasta or risotto, or serving as a meal accompaniment.

Diced Beetroot

Golden Circle Diced Beetroot are dices of whole mature beets. This cut is convenient for using in dips, adding to tarts, pasta, or making beetroot relish or marmalade.

Whole Baby Beets in Juice

Golden Circle's Whole Baby Beets in Juice are an exciting recent addition to the Golden Circle range of beetroot products. With a traditional, earthy beetroot flavour, these delicious beets are ready to roast. Simply pop in a roasting pan with a little of the can juice, a tablespoon of brown sugar and a splash of balsamic for sticky roasted beetroot, the perfect accompaniment to your next roast dinner.



This stunning risotto is loaded with simple flavours and works equally well replacing the peas with broad beans or asparagus.



Leek, Chicken & Beetroot Risotto Serves: 4 – 6

Risotto is always a great stand-by meal for busy families.

- 1 litre chicken stock
 - 2 tbsp butter
 - 1 tbsp olive oil
 - 1 onion, diced
 - 1 leek, thinly sliced
 - 2 cups Arborio rice
 - 250ml white wine, at room temperature
 - 2 cups cooked shredded BBQ chicken
 - ¾ cup frozen green peas
 - 225g can **Golden Circle Sliced Beetroot**, drained & julienned
 - ½ cup freshly grated parmesan
 - Freshly ground pepper and salt, to taste
 - Shaved parmesan, to serve (optional)
1. Pour stock into a small saucepan and bring to the boil slowly. In a large saucepan heat 1 tablespoon butter and the oil together and add onion and leek. Cook for 3-4 minutes stirring until soft. Add the rice and cook for 3-4 minutes still stirring until the rice grains are too hot to touch.
 2. Add wine and allow to cook for 1 minute. Slowly add 1 cup of hot stock and stir constantly until most of the liquid has been absorbed. Repeat the process, adding more stock after the liquid has been absorbed. Continue until almost all the stock has been used, then add the chicken.
 3. Add peas, beetroot and parmesan cheese. Season to taste with pepper and salt and finish risotto with the tablespoon of butter. Serve immediately and sprinkle with shaved parmesan.



Beetroot Salad with Orange & Ginger Scented Vinaigrette

Serves 4



This is truly a beautiful salad both visually and flavour wise, and so quick and easy to assemble.

- 850g can **Golden Circle Whole Baby Beets**, drained & halved
 - 5 oranges
 - 1 butter lettuce, leaves separated & washed
 - ½ clove garlic, finely chopped
 - 2 tbsp light olive oil
 - 1 tsp finely grated ginger
 - 1 tsp sugar
 - 1 tbsp chopped chives
 - Freshly ground pepper & salt
1. Peel & segment 4 oranges and set aside.
 2. Prepare vinaigrette. Squeeze the remaining orange and pour 125ml juice into a jar. Add olive oil, garlic, ginger, sugar and chives to the jar and season with freshly ground pepper and salt. Shake vigorously to emulsify the oil and juice.
 3. On four serving plates, arrange approximately 3 lettuce leaves on each plate. Divide the baby beets between the plates and top with the orange segments.
 4. Pour a little dressing over the salads and serve immediately the salad is dressed.

Lamb Koftas with Beetroot Relish Serves 4



The beetroot relish is also terrific served with roast lamb, in salad sandwiches or to accompany grilled or roast beef.

Koftas

400g lean lamb mince

½ tsp each of ground cumin,
coriander and cinnamon

½ small red chilli, finely chopped

Freshly ground black pepper
and salt flakes

Beetroot Relish

440g can **Golden Circle Sliced Beetroot**, drained & julienned

½ cup freshly squeezed
orange juice

½ cup sugar

1 tbsp balsamic vinegar

2 sprigs fresh thyme

1. Combine lamb mince, spices, chilli, pepper and salt together in a food processor and pulse mixture to a smooth paste. Press meat onto skewers and refrigerate until ready to BBQ.
2. Combine relish ingredients in a medium saucepan over low-medium heat. Bring to a gentle simmer and cook uncovered for 20 minutes, stirring occasionally, until liquid evaporates by three quarters.
3. Heat a BBQ or griddle plate until hot. Oil the skewered meats and cook for approximately 5–10 minutes or until cooked, turning as required.
4. Arrange lamb koftas on a plate and finish with a spoonful of beetroot relish. Serve with a garden salad.

Don't restrict this delicious relish to lamb koftas, it works equally well with hamburgers, bbq meats or chicken.



Beetroot & Persian Feta Dip

Makes: 1 cup



This dip is good served with warm slices of Turkish bread or dolloped into little pre-made pastry cases and topped with a few thin slices of roasted capsicum and finished with a fresh basil leaf.

450g can **Golden Circle Sliced Beetroot**, drained
150g marinated Persian feta, oil reserved
100g blanched almonds, toasted
1 tsp orange zest
Salt & freshly ground black pepper

1. Blend beetroot, feta, toasted almonds and orange zest in a food processor until well combined.
2. Continue blending while adding enough reserved oil to achieve desired consistency.
3. Season to taste. Serve with crusty bread & antipasto.

Corn & Beetroot Cobb Loaf

Serves: 8



This bread is great to make and enjoy for an afternoon snack, served warm with lots of butter, or equally as good with soup, stews or cheese for a ploughman's lunch.

225g can **Golden Circle Whole Baby Beets**, drained

4 cups flour
1 tsp bicarbonate of soda
1 tbsp baking powder
1 tsp salt
1 tbsp sugar

270g can **Golden Circle Creamed Corn**
1½ cups buttermilk

1. Place beetroot in a food processor and process to a puree.
2. Sift flour, bicarbonate of soda, baking powder, salt and sugar into a large bowl. Form a well in the centre and add the creamed corn, beetroot and buttermilk.
3. Using a knife mix the ingredients to form a soft dough. Turn the dough out onto a floured surface and knead into a smooth ball.
4. Place on a lined baking tray and carefully press down on the dough to gently flatten. Using a sharp knife, score the surface of the loaf in a criss-cross pattern. Bake in a preheated oven of 180°C for 45 minutes or until loaf is golden and the base is crisp and sounds hollow when tapped.

Let the kids help you make this delicious bread. They will be fascinated how the colour changes during baking.



Don't have goat's cheese? Simply replace with crumbled fetta, however the flavour may be a little stronger, so reduce the amount you use.



Beetroot, Walnut & Chèvre Tart

Serves 4



Ideal served as a warm entrée or with a salad as a light lunch, this tart will prove to be a favourite on any occasion.

50g butter
4 large red onions, sliced
375g puff pastry
440g can **Golden Circle Whole Baby Beets in Juice**, drained and halved
100g soft goat's cheese (chèvre cheese)
50g walnuts, roughly chopped
Egg wash for glazing

1. Caramalise onion in butter over a low heat for 15 minutes.
2. Roll pastry into a large rectangle, trimmed to 20cm x 40cm. Transfer pastry to a large oven tray lined with baking paper. Score a 2cm border around the edge of the pastry, without cutting through the pastry. Prick with a fork within the border.
3. Spread caramelised onion over the pastry staying within the scored boarder. Top with baby beets, crumbled chèvre and sprinkle with walnuts.
4. Glaze pastry edges with egg wash. Bake in a preheated oven of 200°C for 20 - 25 minutes until golden brown and puffed. Serve warm.



This recipe is perfect for times when you need to pull a meal together quickly... a great pantry standby, that's sure to impress.



Pasta with Beetroot, Chives & Burnt Butter Serves 4

Add small pieces of broccoli, some baby spinach leaves or a handful of green peas to increase the vegetable content. This dish is particularly good served with crusty bread and a simple salad or as an entrée when entertaining.

500g fresh pappardelle pasta

Sauce

150g unsalted butter

2 cloves garlic, finely chopped

450g can **Golden Circle Diced Beetroot**, drained

3 tbsp chopped chives

Freshly ground pepper and salt, to taste

Shaved parmesan, to serve

1. Cook pasta in a large pot of boiling salted water as per packet directions until al dente.
2. Meanwhile, melt butter in a large saucepan and cook over low heat for 2 minutes until the butter has started to brown slightly. Add the garlic and cook for a further minute then add the beetroot and chives.
3. Toss the sauce ingredients around in the pan then set aside. When pasta is cooked, drain and add to the sauce. Quickly toss together and serve in pasta bowls. Serve with shaved parmesan.



Salad of Snow Peas, Beetroot & Persian Feta Serves 6



This salad is so simple, yet sophisticated in flavour.

Dressing

100g Persian feta cheese, marinating oil reserved

¼ red onion, finely sliced
1 tsp fresh dill, roughly chopped

Salad

1 butter lettuce, washed then patted dry
450g can **Golden Circle Beetroot Wedges**, drained

100g sugar snap peas, trimmed & blanched
100g snow peas, trimmed & blanched
50g dry roasted macadamias, roughly chopped

1. Combine dressing ingredients in a bowl with 60ml of the reserved Persian feta marinating oil. Set aside.
2. Arrange lettuce leaves on a platter and top with beetroot wedges.
3. Toss sugar snap peas and snow peas together in the dressing then spoon over salad with the dressing. Finish with macadamias and serve immediately.

Crispy Greek Lemon Chicken with Roasted Beetroot

Serves 4



This recipe epitomizes how a great roast chicken should taste. It's crisp and golden on the outside, and moist, tender and flavoursome on the inside.

- 1 free-range chicken, backbone removed & butterflied open
- 8 cloves garlic, unpeeled
- 80g unsalted butter, at room temperature
- 1 tbsp chopped oregano leaves
- 1 tbsp chopped flat leaf parsley
- Freshly ground pepper & salt, to taste
- 2 lemons
- 3 brown onions, peeled & sliced into thick rings
- 4 sprigs thyme
- 440g can **Golden Circle Baby Beets in Juice**, drained, juice reserved
- 8 Desiree potatoes, boiled until tender then crushed flat using a potato masher to pop the surface
- ½ cup extra virgin olive oil

1. Lay chicken on a flat surface and carefully pull the skin away from the flesh to make small pockets between the breast, legs and thighs. Peel and finely chop 2 garlic cloves and combine with the butter, oregano and parsley. Season to taste. Using fingers, stuff the butter and oregano mix under the skin in pockets throughout the chicken. This will flavour and keep the chicken moist whilst cooking. Thinly slice one of the lemons and slide slices under the skin with the butter.
2. Sprinkle onion rings on the base of a ceramic baking dish and place chicken on top. Massage chicken with pepper and salt and drizzle with half the olive oil. Squeeze juice from the remaining lemon over the chicken. Scatter the baby beets, remaining garlic cloves and smashed potatoes around the chicken and pour the remaining oil over the beets and potatoes. Pour 100ml water into the base of the baking dish.
3. Bake in a hot preheated oven of 220°C for 1 hour. The chicken will be brown and crisp and the baby beets and potatoes just sensational. Serve with a salad and crusty bread to mop up all the juices

These versatile baby beets in juice are the perfect roasted vegetable. Simply roast with a little of the juice, a tsp of brown sugar and a splash of balsamic vinegar.



Seared Steaks with Mushroom & Beetroot in Red Wine Sauce Serves: 4



This is a great, hearty meal to serve on a cold winter's night. With its rich body coming from the mushrooms, beetroot and red wine sauce you won't mind if winter lingers!

1 tbsp oil
4 thick eye fillet steaks, trimmed and slightly flattened
Flaked salt, to taste
1 tbsp butter
250g Swiss brown mushrooms, trimmed & halved
2 cloves garlic, finely chopped
450g can **Golden Circle Baby Beets in Juice**, drained & cut in half
125ml red wine
125ml beef stock
¼ cup fresh parsley leaves roughly chopped
Freshly ground pepper and salt, to taste

1. Heat a barbeque grill until very hot. Oil steaks on both sides and sprinkle the top with salt.
2. Heat butter in a deep sided fry pan and saute mushrooms and garlic for 3 minutes. Add baby beets, wine, stock and season with freshly ground pepper. Allow to simmer for 3-5 minutes or until the liquid reduces and the sauce becomes slightly thicker.
3. Meanwhile, place steaks on the hot grill salt side down and cook for 3 minutes each side. Transfer steaks to a plate, cover with foil and rest for 5 minutes.
4. To serve, place steaks on a plate and spoon over mushroom and beetroot sauce. Garnish with a sprinkling of fresh parsley and serve immediately. Delicious served with a generous dollop of creamy mashed potato.

This dish works equally well as a summer barbeque idea, serve as a warm salad with bbq meat and some couscous.



Your friends and family won't believe your secret ingredient in this moist, delicious cake.



Rich Chocolate & Beetroot Cake

Serves 10 - 12



The beetroot balances out the chocolate in this cake perfectly to provide a rich and delicious cake which will have them asking for seconds.

1 ½ cups plain flour
1 cup self raising flour
1 tsp bicarbonate of soda
½ cup Dutch cocoa powder
Pinch of salt
1 cup caster sugar
½ cup brown sugar
4 eggs, lightly beaten
1 cup light olive oil
1 tsp vanilla essence
850g can **Golden Circle Whole Baby Beets**, drained & pureed
¾ cup grated dark cooking chocolate

Frosting

375g cooking chocolate
¾ cup cream
155g butter

1. Grease and line the base of a 23cm non-stick springform tin. Sift the flours, bicarbonate soda, cocoa powder and salt into a large bowl and add the caster sugar and brown sugar.
2. Combine the eggs, olive oil, vanilla essence, pureed beetroot and stir through the grated chocolate. Make a well in the centre of the dry ingredients and add the egg mixture and stir gently to combine. Pour into the prepared cake tin.
3. Bake in a preheated oven 170°C for approximately one hour, or until the cake is firm to touch. Allow to cool in the tin for 10 minutes before sliding a knife around the edge of the tin to release the cake. Remove cake base and allow to cool completely before icing.
4. Prepare frosting. Combine chocolate, cream and butter in a small saucepan and melt over gentle heat until smooth. Transfer mixture to a mixing bowl and allow to cool to room temperature. Beat with an electric beater until light and fluffy. Spread frosting over cake and serve with a dollop of whipped cream if desired.





For more great recipe ideas visit
www.goldencircle.com.au

We have taken great care in formulating these recipes. If you have any concerns about the suitability of a recipe or particular food for any person, please consult your health care professional. Please carefully consider the person's health condition (including any allergies) when choosing which meals to prepare.

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