

Balsamic Glazed Beets






Recipe Rating	
Total Time	140 Minutes
Cooking Time	110 Minutes
Total Labour	30 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board ½ size- 2" deep production pans Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

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Nutrition Facts		Valeur nutritive	
Per 1 serv (117g) / par 1 serv (117g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	100		
Fat / Lipides	4g		6%
Saturated / satures	.5g		
+ Trans / trans	0g		3%
Cholesterol / Cholesterol	0mg		
Sodium / Sodium	240mg		10%
Carbohydrate / Glucides	16g		5%
Fibre / Fibres	2g		8%
Sugars / Sucres	13g		
Protein / Proteines	2g		
Vitamin A / Vitamine A			
Vitamin C / Vitamine C			8%
Calcium / Calcium			2%
Iron / Fer			6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Beets	2.5 kg	5.5 lbs.	5 kg	11 lbs.
Salt	10 g	1.5 tsp	20 g	1 Tbsp.
Olive oil	100 ml	3.4 fl. oz.	200 ml	6.8 fl. oz.
Balsamic vinegar	170 ml	5.8 fl. oz.	340 ml	11.6 fl. oz.
Syrup or honey	100 ml	3.4 fl. oz.	200 ml	6.8 fl. oz.

Method	
	<p>1. 1. Remove stems and roots of beets and peel and wash. Dice the beets into 1 cm cubes.</p>
	<p>2. 2. Place beets in production pans and toss with oil, vinegar, syrup, salt, and pepper. Cover with plastic wrap and aluminum foil.</p> <p>Place in the Multigen oven for 110 minutes.</p> <p>Serve hot or cold.</p>
	<p>3. Bulk: Portion into service dishes with a slotted spoon or drain excess fluid from pan and leave in bulk for dining room service. Serve hot or cold.</p> <p>Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot (or cold) side of the tray prior to service.</p>
Garnish: N/A	
Food Accompany: Serve hot alongside pork or turkey, or cold with a salad.	

