

Beet Spread



Recipe Rating	
Total Time	90 Minutes
Cooking Time	60 Minutes
Total Labour	30 Minutes
Knife Skills	Basic

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

Nutrition Facts	
Valeur nutritive	
Per 1 serv (105g) / par 1 serv (105g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	110
Fat / Lipides 8g	12%
Saturated / satures 1.5g	
+ Trans / trans 2.5g	20%
Cholesterol / Cholesterol	0mg
Sodium / Sodium 200mg	8%
Carbohydrate / Glucides 9g	3%
Fibre / Fibres 2g	8%
Suqars / Sucres 7g	
Protein / Proteines	2g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	6%
Calcium / Calcium	2%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Beets, Fresh	2 Kg	4.4 Lbs	4 Kg	8.8 Lbs
Salt	2.5 mL	½ tsp	5 mL	1 tsp
Carrots, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Celery, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Onions, Fresh, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Parsley, Fresh, Finely Chopped	40 mL	1.4 fl oz	80 mL	2.8 fl oz
Margarine, Soft	250 gm	8.8 oz	500 gm	1.1 Lbs

Method



1. Peel carrots, celery and onions. Cut vegetables into large dice. Blanch carrots for 5 minutes in hot water.

Combine these vegetables in a ½ size- 2" deep production pan.

Place in Multigen uncovered.



2. Place unpeeled beets in a ½ size- 2" deep production pan with salt and fill the pan with 1 cm of water (just enough to cover the bottom). Cover with plastic wrap and aluminum foil. Cook in Multigen for 1 hour.

Once cooked, remove from oven, peel with towel under cold water and cut into quarters (removing root end).



3. Once all vegetables are cooked and still hot, place in food processor and blend, add margarine and blend until smooth.

Serve Cold.



4. Divide portions equally and place into service dishware or as an accompaniment to another food dish.

Garnish: **n/a**

Food Accompany: **Cottage cheese or yogurt - fruit salad plate dishes**

