

Orange Glazed Beets

Author: My own recipe



2 1/2 pounds beets, red or gold, tops trimmed
 8 fluid ounces chicken stock
 1/2 cup orange juice
 2 teaspoons sugar, or half as much honey or agave nectar
 1 tablespoon balsamic vinegar, fruit type (sweeter, thicker)
 2 tablespoons unsalted butter
 1/2 teaspoon salt, or more if needed
 1/2 teaspoon freshly ground black pepper, ground
 1 teaspoon orange zest, julienne
 3 tablespoons fresh mint, julienned

Per Serving (excluding unknown items): 65 Calories; 2g Fat (33.0% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 382mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Notes: Don't overdo the orange zest - it could add a bitter aftertaste. You just want enough to decorate the tops of the beets.

1. Preheat oven to 350.
2. Cut off beet tops so there is about an inch of tops. Wash beets and place them in a large piece of heavy-duty aluminum foil (use double layer if using thinner type). Seal tightly and place in oven for about an hour, until the beets are barely cooked through.
3. Allow to cool; cut off the top and bottom, then remove skin (either with your hands or using a potato peeler). Slice the beets into 1/8 inch slices and set aside.
4. In a saute pan heat the stock, orange juice and sugar. Bring to a boil and allow to simmer for about 10 minutes and it's reduced by about half. Add balsamic vinegar and butter. Add the beets and bring back up to a simmer. Spoon the glaze over the beets so they have all been doused with the fluid. Cover and simmer for about 4-8 minutes, until the beets are cooked through and most of the glaze has evaporated. If there is still too much liquid, leave lid off and simmer until there is very little liquid left in the pan. Continue to bathe the beet slices in the glaze if there is enough to do so. Ideally, turn the beets over once during this cooking time (and watch that they don't splatter juice). Add salt and pepper to taste.
5. When ready to serve carefully move the beet slices to a plain plate and garnish with fresh mint and orange zest.