

Beetroot Fritter

Ingredients

3 cups shredded raw beets (2 medium-large beets yield ~3 cups)

1/2 cup finely chopped shallot

1/2 tsp sea salt

1/4 tsp black pepper

1/4 cup flour (pref chickpea)

Olive oil, or butter

Basil, or ginger, or mint

Fat dollops of ricotta, or Greek Yogurt, or Sour cream

Method

Shred the cleaned and peeled beets using a box grater into a large mixing bowl. Stir in the chopped shallot, salt, pepper, and chosen herb/spice. Set aside for 10 minutes.

Add the flour and stir until well combined.

Heat the oil, or butter. Pour the Beetroot mix into a large pan. Alternatively you could make lots of little ones)

Cook for 5 minutes. Put a plate over the pan, flip pan and plate to turn over fritter. Slide back into the pan and cook 2nd side for 4 minutes.

Serve as a big pizza cut into slices. With a big dollop of ricotta in the middle. Or a little dollop on smaller fritters

I once cooked borsch for the family, only to discover they all hated beetroots. Obviously I ate it all. The next day I felt fantastic. Turns out massive amounts of beetroot are amazing for the circulation, dilating the arteries. I have been obsessed ever since. This is my favourite Beetroot recipe. It doesn't require hours of precooking or vacuum packing.