

Spiced Harvard Beets

Prep Time: 30 min

Cook Time: 30 min

Servings: 6



Cinnamon, and ginger, and cloves, oh my! Spiced Harvard Beets are the ruby red slippers of root vegetables. The flavors will transport you and the color will amaze you! The spiced, slightly thickened, sweet & tangy sauce clings gently to the beets, allowing the earthy sweet flavor of the beets to shine and sparkle. This dish pairs well with baked ham, smoked sausage and grilled meats.

Ingredients

- 1.5 pounds red beets
- 1/4 cup cider vinegar
- 1/4 cup water
- 1/3 cup sugar
- 1.5 tsp cornstarch
- 5 cloves
- 1 Tbsp ground cinnamon or 1 cinnamon stick
- 1/4 tsp ground ginger or 1 thumb size 1/4 inch thick slice of fresh ginger
- salt & pepper, to taste
- 1 Tbsp butter (optional)

Steps

1. Place beets in a large pot, cover with water and bring to a boil. Boil until tender, about 30-45 minutes.
2. Drain the cooked beets, rinse with cold water.
3. Once cool, peel skins with your hands - they should slip right out.
4. Cut beets into wedges (6 to 8 wedges per beet depending on the size of the beet).
5. Combine vinegar, water, sugar, cornstarch, and all spices in a saucepan. Mix well to dissolve cornstarch prior to heating. Over medium heat, bring to soft boil, stirring occasionally. Soft boil 3-5 minutes until sauce is thickened and no longer cloudy. You are looking for a consistency that will coat the back of a spoon. If too thick add water 1 Tbsp at a time, returning to a soft boil. Remove from heat.
6. Add beets to spiced vinegar sauce and let stand for at least 30 minutes. Adjust seasoning. If serving warm, add 1 Tbsp of butter and heat. May also be enjoyed cold.