

Long Course Beets

No. of Students: 50

Beets (25 lb. bag) ½ bag

Prep:

Scrub the beets well. If the beets are being boiled, there is no need to peel or trim them, just be sure to cut out any black or rotten-looking spots.

For steaming or baking, peel the beets and cut to a size that will fit into the robot-coup. Slice them using the thicker (single) slicing blade, place in a sealed plastic container and store in the walk-in overnight.

To Boil:

Heat enough water to cover the beets in a thin bottomed pot with the lid on. When it boils, add whole beets and put lid back on pot. After it boils again, adjust heat to maintain a low boil. Beets are done when easily pierced with a fork. When cool, trim stem and root ends and slip rest of skin off.

To Steam:

Fill steamer with 2 gallons of water and turn to standby to preheat.

Place beet slices in perforated hotel trays. When heat light on steamer goes off, slide up to 7 trays into steamer racks, close door and turn to steam setting. Set timer for 15 minutes. Fork test for tenderness when timer goes off and steam for more time if needed.

To Bake: Immediately at 9 am preheat stove oven to 400 degrees.

Place sliced beets into a large bowl and drizzle (or spray) lightly with olive oil. Distribute evenly in shallow hotel pans, cover tightly with foil and place a metal lid on top as well. Bake for 1 – 1½ hours.

Note: Leftover beets may be cut smaller and served as part of the salad presentation. They can also be placed in a plastic storage container and sprinkled with apple cider vinegar for pickling. Stir the beets often to help them marinate consistently. They will be ready to serve after 1-2 days.