

Beetroot with Orange Sauce

Tender beetroot in bright orange sauce - a healthy Russian side dish. Easy recipe with natural flavors, perfect for any meal. Ready in 80 minutes.

20	60	80	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Beetroot with Orange Sauce

Ingredients

- 2.2 lb beet
- 8 cup water
- 1 tbsp granulated sugar
- 1 tbsp corn starch
- 0.5 tsp salt
- 2 tbsp orange
- 0.75 orange juice
- 2 tsp butter

Instructions

- 1 Prepare the beetroot**

Trim the beetroot stems, leaving about 1 inch attached. Place 2.2 lbs beetroot in a large pot and cover completely with the 8 cups water.
- 2** Bring water to a boil over high heat, then reduce to medium-high and cook covered for 50-60 minutes until beetroot is tender when pierced with a fork.
- 3** Drain beetroot and let cool for 5-10 minutes until cool enough to handle. Peel off skins using your hands or paper towels while still warm.
- 4** Cut peeled beetroot into 1/4-inch thick slices. Keep warm by covering with foil or placing in a low oven at 200°F (93°C).
- 5 Make the orange sauce**

In a small saucepan, whisk together 1 tablespoon sugar, 1 tablespoon cornstarch, and 1/2 teaspoon salt until combined.
- 6** Add 0.75 orange (zested) and 2 teaspoons orange juice to the dry ingredients. Whisk constantly while gradually adding remaining orange juice to prevent lumps from forming.
- 7** Cook over medium-low heat for 8-9 minutes, stirring continuously, until sauce thickens to a glossy consistency that coats the back of a spoon.
- 8 Finish and serve**

Remove sauce from heat and whisk in 2 tablespoons oil until fully incorporated and smooth. Pour warm orange sauce over warm beetroot slices and serve immediately.

Tips

Choose beetroot that are firm and smooth without soft spots. Smaller beets tend to be more tender and cook more evenly than very large ones.

Don't peel the beetroot before boiling - the skin helps retain nutrients and color. The skin will slip off easily after cooking when the beets are still warm.

Add a splash of vinegar to the boiling water to help preserve the beetroot's vibrant color during cooking.

When making the orange sauce, whisk the orange juice into the dry ingredients gradually to prevent lumps from forming in the starch.

Cook the sauce over medium-low heat and stir constantly to achieve a smooth, glossy consistency without burning.

Taste the sauce before adding it to the beetroot - you can adjust the sweetness or acidity by adding a bit more sugar or orange juice as needed.

For the best flavor, pour the warm sauce over the warm beetroot slices so they absorb the flavors more effectively.

If the sauce becomes too thick upon cooling, thin it with a little warm water or additional orange juice before serving.