

Roasted Beets With Fennel & Tarragon

Beets love the liver. For mold they're a winner. They assist with detoxification while nurturing the organs of detoxification. They're high in iron, known as a blood builder, which helps with anemia. And they have a pleasing taste for even the pickiest eater.

This recipe was created in our kitchen as we smelled the spice jars to find the perfect flavor compadres to beets. Tarragon and dill won. While beets are the star of this recipe, tarragon makes it come alive. Tarragon is an antifungal kitchen herb. All the better for mold recovery.

If you're new to beets, be aware that some people see red in urine and stool after eating beets - and that's nothing to worry about.

Bon appetit!

SUPPLIES

Roasting pan

Sharp knife

Cutting board

Spatula

12" saute pan

Large bowl or pot filled with ice water

INGREDIENTS

5-8 evenly sized beets

Olive oil

1 medium sized fennel bulb

1 clove garlic

Lemon juice

Salt

2 tsp dried Tarragon

1 tsp dried Dill

DIRECTIONS

1. Preheat oven to 425°
2. Wash beets and cut off greens, leaving 1 inch to prevent juices from draining
3. Reserve greens, rinse and lay flat to dry. If short on energy or time to use greens in another dish, roll in moist towel, place in a plastic bag and refrigerate.
4. Place beets in oven-safe roasting pan and coat lightly with olive oil. With your hands, rub each beet with olive oil to make sure adequate coverage of each beet.
5. Roast beets in oven for 45-75 minutes, depending on size, until you can easily sink a fork into the middle
6. Cut fennel bulb in half length-wise. Cut out the hard inner core and slice into thin slices.
7. Finely chop garlic

8. Remove beets from oven and immediately drop into an ice bath. As soon as cool enough to hold, rapidly peel outer skin. Holding the beet under running cool water while peeling can help.
9. Slice beets into sections.
10. Extra beets may be kept in reserve and frozen for later use at this stage.
11. Sauté fennel and garlic in olive oil. Add water as needed to prevent burning.
12. Add salt, tarragon, and dill to fennel and garlic and sauté until fennel is easily cut with spatula.
13. Fold in sliced beets until heated through.
14. Remove from heat and drizzle with lemon juice.
15. Mix thoroughly then serve hot, or chill and serve cold.