

Mrs Greenkeeper's Own Corner

with Ann Mawson

There should be plenty of beetroot in the shops now or you might grow your own; when buying them remember the deeper they are in colour the better the flavour. Handle them very carefully for if the skin is broken and the red juice escapes, the beetroots will be pale and flavourless.

Beetroot Tops

These are very nourishing. You want very young beetroot and cook them like turnip tops. About $1\frac{1}{2}$ lb of beetroot tops, salt, 1 oz of butter, pepper.

Cut off any hard pieces of stalk, then wash them in cold water and while still quite wet put them into a saucepan, add a little salt; cover and cook gently until tender. Drain very well (you can save the liquid and drink it, as a good tonic). Put the leaves into a clean saucepan with the 1 oz of butter, melted with the pepper and stir until the butter is well mixed with the leaves and very hot. Serve at once.

Beetroot Soup

Two tablespoonfuls of cream, 1 tablespoonful of flour, $\frac{1}{2}$ pint of milk, $1\frac{1}{2}$ pints of seasoned white stock (vegetable), 1 oz of butter, 1 large beetroot, 1 small head of celery, 1 medium-sized onion.

Boil the beetroots. Cool and peel them. Wash the celery and peel the onion. Cut all the vegetables into very small pieces. Melt the butter in a saucepan, add the vegetables and cook gently for five minutes. Add the stock, stir

well, then simmer slowly until the vegetables are pulpy and soft. Now rub them through a sieve. Return the soup to the saucepan. Mix the milk with the flour, add it gradually to the soup; keep it very smooth. Stir until it has boiled for nine minutes. Add the cream just before serving.

Beetroot Salad

A few drops of vinegar, a few drops of lemon juice, pepper, salt, 1 small lettuce, 1 teaspoonful of finely chopped chives, 2 tablespoonfuls of cream, 1 dessertspoonful of oil and vinegar dressing, 1 breakfastcupful of cooked green peas, 1 small cucumber, 4 good-sized beetroot.

Boil the beetroot until tender, and remove the skins. Cut off the tops and scoop out the centres carefully leaving just a wall of beetroot. Cut them flat at the bottom so they will sit firm. Peel the cucumber, cut half of it into slices. Chop the other half finely, mix in the cooked peas and a little oil and vinegar dressing and fill the beetroots with this mixture. Peel the cream dressing on top, sprinkle with very finely chopped chives, serve on a bed of lettuce and cucumber.

To Make the Cream Dressing

Mix a pinch of salt and pepper with the cream, whip until thick. Add the lemon juice and vinegar.

This salad is delicious and will accompany any cold dish.

—Until November . . .