



LUXURY OF FREEDOM

Benefits of Beetroot



Beetroot (*Beta vulgaris*) is a plant from South of Europe and well spread now days, It is rich in healthy sugars, minerals, aminoacids, flavonoids and folic acid.

Anticancer food

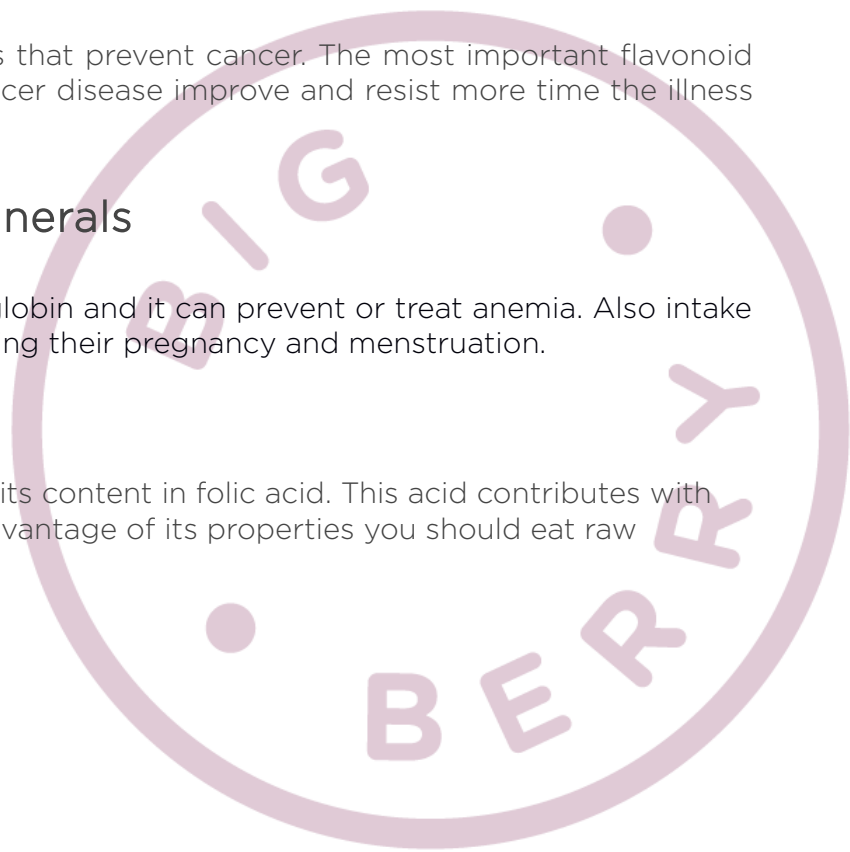
Beetroot is very rich in flavonoids, pigments that prevent cancer. The most important flavonoid in beetroot is betaine. Even people with cancer disease improve and resist more time the illness if they eat raw beetroot or its powder.

Very rich in iron and other minerals

Iron is essential for the production of hemoglobin and it can prevent or treat anemia. Also intake of beetroot is recommended for women during their pregnancy and menstruation.

Makes you younger!!

Beetroot has rejuvenating properties due to its content in folic acid. This acid contributes with the cell division and regeneration. To take advantage of its properties you should eat raw beetroot since cooking degrades folic acid.





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BIG BERRY Recipe

Salmon and beetroot tartare

Ingredients (4 people)

4 medium fresh beetroot, trimmed and scrubbed
1½ tsp chives, finely chopped
1½ tsp tarragon, finely chopped
1 tsp Dijon mustard
1 tbsp shallots, finely chopped
1 tbsp fresh lemon juice
3 drops tabasco sauce
2½ tbsp extra virgin olive oil
½ tsp flat-leaf parsley, finely chopped
230g skinless salmon fillet, bones removed, diced
Pea shoots for garnish (optional)
Salt and black pepper



Preparation

1 Heat the oven to 200C/400F/gas mark 6. Place the beetroot in a small roasting pan with 125ml of water. Cover and cook for about 1 hour, until tender when pierced with a fork. Set aside to cool.

2 Peel and dice the beetroot. Transfer to a bowl and add half the chives, tarragon, mustard and shallots. Add half the lemon juice, all the tabasco, and 1½ tbsp oil. Mix well and season to taste. Cover and refrigerate.

3 Combine the salmon and the remaining chives, tarragon and shallots in a bowl. Add the parsley, and the remaining mustard, lemon juice and olive oil, then season to taste. Mix well, cover and chill.

4 To serve, take four 8cm baking rings and place them on your serving plates. Put a quarter of the beetroot tartare in the bottom of each, then top with an even layer of one quarter of the salmon tartare. Pat gently to compress. Remove the rings, and garnish with pea shoots if desired.



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Source: *Recipe by Marian Burros from The Essential New York Times Cook Book by Amanda Hesser (WW Norton)*

