

Spicy Red Beet Stew

*Serve it with mashed potatoes or rice.
This is a Danish recipe with Russian roots.*

Serves 8

Ingredients

- 2 pounds onions
- 1 stick butter (8 tbsp.)
- 3 pounds red beets
- 1½ cups water
- 2 tsp. salt
- 1 tsp. pepper
- 1 pinch Cayenne pepper
- 1 tbsp. Thyme
- ½ tsp. ground cloves
- 1 tbsp. whole Coriander, freshly ground
- 1½ cups half-and-half

Preparation

1. Dice onions in food processor.
2. Sauté the onions with butter in a pan on medium heat for 20 min., stirring occasionally.
3. Peel, then shred beets finely in food processor.
4. Add beets, water, and spices, stir well, and let simmer on medium-low heat for 45 min.
5. Add half-and-half, stir well, heat stew again to a boil, then remove from heat.
6. Season to taste.

