



## Chocolate Beet Cake Recipe <sup>1</sup>

Source: "Martha Stewart Living," Nov. 2011

601 West 26th Street, 10th Floor  
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### Getting Started:

"You won't taste the pureed beets, but they make this cake extra moist and play up its deep chocolate flavor."

I haven't tried this recipe yet, but I'm **really** looking forward to trying! I'll attempt it next week when I have time. [Email-me](#) to see how it goes! <sup>2</sup>

### Recipe Information:

- **Prep Time:** 25 mins
- **Total Time:** 3 hours
- **Servings:** 8

### Additional Recipes:

There are two required recommended additional recipes needed to complete this cake, although you may try others. See the end of the [ingredients list](#) below. Storage instructions provided in footnotes. <sup>3</sup>

### Tips and Tools:

This cake requires several hours of preparation, not including what's required for the glaze or [garnish](#) (if utilized). You will need common kitchen utensils like a [whisk](#), but may also require more specialized equipment like a [mandoline](#) and food processor to create the beet [puree](#).

### Ingredients:

- 4 medium beets, trimmed, peeled, and cut into 2-inch chunks
- 2 cups all-purpose flour
- 1 1/2 cups sugar
- 1/2 cup unsweetened Dutch-process cocoa powder
- 1 1/2 tsp baking soda
- Salt
- 2 large eggs
- 3/4 cup warm water
- 1/4 cup safflower oil
- 1 tsp pure vanilla extract
- Vegetable oil cooking spray
- Ingredients found in Additional Recipes:
  - [Chocolate Glaze for Chocolate Beet Cake](#)
  - [Candied Beet Chips for Chocolate Beet Cake](#), as [garnish](#)

### Cooking Terms: <sup>4</sup>

#### Garnish

*Garnishes* are edible items added to food dishes that provide added flavor and appealing appearances for the items being served.

#### Mandoline

A *mandoline* is a hand-operated appliance used for cutting and slicing fruits and vegetables.

#### Puree

To *puree* is to blend, grind or mash food until it is a thick, smooth, lump-free consistency

#### Whisk

The process of using a *whisk* to blend ingredients together or to incorporate air into ingredients to increase their volume.

### Directions:

1. Cover beets with 2 inches water in a pot. Bring to a boil. Reduce heat, and simmer until very tender when pierced with the tip of a sharp paring knife, about 30 minutes. Drain. Puree beets in a food processor until smooth.
2. Preheat oven to 350 degrees. Whisk together flour, sugar, cocoa powder, baking soda, and 3/4 teaspoon salt in a large bowl. Whisk in eggs, water, oil, vanilla, and 1 1/4 cups beet puree (reserve remaining puree for another use).
3. Coat a 9-inch round cake pan (3 inches deep) with cooking spray. Line bottom with parchment, and coat with spray. Pour batter into pan. Bake until a toothpick inserted into the center comes out clean, about 45 minutes. Let cool in pan on a wire rack for 20 minutes. Turn out cake from pan, and discard parchment. Let cool completely, right side up.
4. Trim top of cake using a serrated knife to create a level surface. Transfer cake, cut side down, to a platter. Pour chocolate glaze over the top, and let set, about 30 minutes. Garnish with beet chips.



1. "Chocolate Beet Cake." *Martha Stewart*. Martha Stewart, 15 Feb. 2017. Web. 26 Feb. 2017. (<https://www.marthastewart.com/857644/chocolate-beet-cake>).  
2. I pretty much can't even make a decent sandwich, much less bake anything this fancy.  
3. [Unglazed cake can be stored at room temperature \(wrapped in plastic\) for up to 2 days. Glazed cake can be stored at room temperature for up to 1 day.](#)  
4. Cooking terms provided by <http://www.recipetips.com/>

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# BEEETCAKE-GLAZE

AS VIEWED IN FIREFOX

## Chocolate Glaze for *Chocolate Beet Cake*

Source: *Martha Stewert Living*, November 2011

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### Getting Started:

As someone explained to me, “to create pretty, slow drips down the side of a cake, let the glaze cool slightly so it thickens a bit.” It is a *wonderful* addition to this cake.

### Recipe Information:

- **Prep Time:** 5 mins
- **Total Time:** 15 mins
- **Yield:** Makes 1 cup

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### Ingredients:

- 1/2 cup heavy cream
- 3/4 tsp light corn syrup
- 3 oz bittersweet chocolate, chopped

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### Directions:

1. Bring heavy cream and corn syrup to a gentle simmer in a *saucier pan*. Pour over chocolate in a bowl, and let stand for 1 minute. Stir until chocolate melts and mixture is shiny and smooth. Let cool slightly, about 10 minutes. Use immediately.

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# BEETCAKE-GARNISH

AS VIEWED IN FIREFOX

## Candied Beet Chips for *Chocolate Beet Cake*

Source: *Martha Stewert Living*, November 2011

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### Getting Started:

#### Recipe Information:

- **Prep Time:** 10 mins
- **Total Time:** 1 hr 40 mins
- **Yield:** Makes 1/2 cup

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### Ingredients:

- 4 baby beets, preferably Chioggia <sup>1</sup>
- 1 1/2 cups water
- 1/2 cup sugar

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### Directions:

1. Preheat oven to 250 degrees. Slice beets very thinly into rounds, preferably on a mandoline. Bring water and sugar to a boil in a small saucepan, stirring constantly until sugar dissolves. Add beets. Reduce heat, and simmer until slightly translucent, about 30 minutes.
2. Using a slotted spoon, transfer beets in a single layer to a rimmed baking sheet lined with a nonstick baking mat. Bake until dry and slightly firm, about 1 hour. <sup>2</sup>

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1. "[Chioggia beets] have light red skin and beautiful rings inside, like red and white candy stripes. The flesh is very tender, mild and sweet, named after a fishing town in Italy, a favorite there." ([RareSeeds](#))
  2. Chips can be stored in an airtight container at room temperature for up to 2 days.

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