

Pickled Beetroot

Ingredients: <ul style="list-style-type: none">• 4 Beetroot• Water• $\frac{3}{4}$ cup Malt Vinegar• 1 $\frac{1}{2}$ cup Sugar• $\frac{1}{2}$ tsp. peppercorns• 1 Bayleaf• 2 Whole Cloves• $\frac{1}{2}$ tsp. Mustard Seeds• $\frac{1}{2}$ cinnamon stick• $\frac{1}{2}$ tsp. Salt	Equipment: <ul style="list-style-type: none">• Chopping board & nonslip mat• Large Pot• Measuring cup and spoons• Rubber gloves• Strainer• Jars• Serving bowls and tongs
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Method

1. Collect all ingredients and equipment
2. Place the washed beetroot into the pot and cover with water
3. Put the pot on the stove and bring to the boil
4. Simmer until you can pierce with a skewer
5. Cool in liquid
6. Remove from the liquid. RESERVE the cooking liquid
7. Put the rubber gloves on and rub the skin off
8. Slice into slices. Pack into the jars
9. Make up spiced sugar solution by mixing $\frac{3}{4}$ cup of cooking liquid with the vinegar, sugar and spices in a pot. Put onto a medium heat and bring to the boil
10. When the sugar spice mix has come to the boil pour over the beetroot making sure the beetroot is covered with the liquid
11. Cool, then cover and refrigerate