

## Fermented & Pickled Beetroot Salad with Salsa Verde (Vegan)

**Serves 2**

*Prep time: 25 minutes, plus 7- 14 days for fermentation*

*Cooking time: 45-90 minutes*

### Ingredients

400g grated black beetroot  
2 candy beetroot  
2 golden beetroot  
1 punnet of blackberries  
Peel and juice of 1 orange  
80g sugar  
1 star anise  
1/4tsp cinnamon  
1/2tsp coriander seeds  
1 pinch ground cloves  
1 bay leaf  
80ml of white wine vinegar  
1 ½ tsp (8g) [Suölo Reduced Sodium Sea Salt](#)

### For the Salsa Verde

1 shallot  
1 bunch of basil  
1 bunch of chervil  
2tbsp of sherry vinegar (white wine vinegar will also work well)  
2 cloves of garlic  
200ml of olive oil  
40g capers, drained and roughly chopped

### Method

1. Grate the black beetroot and add salt (2g of [Suölo Reduced Sodium Sea Salt](#) per 100g of beetroot or 2% w/w)
2. Place in a jar or container with a weight on top (you can use a ziplock bag with water in it pushed down into the container as a weight)
3. Allow to ferment for 7-14 days. The ferment should be completely covered with its own fluid by the time it's finished fermenting. To ensure a successful fermentation make sure the solid beetroot is below the liquid line as much as possible throughout the process. Push it down below the line with a spoon or other utensil if the bag of water or other weight isn't doing the trick.
4. When the ferment is ready empty into a pan and add the peel and juice of 1 orange, sugar, star anise, cinnamon, coriander seeds, ground cloves a bay leaf and white wine vinegar.
5. Heat and allow to reduce until the liquid starts to look like a syrup and allow to cool in the fridge.
6. Heat the oven to 180°C/160°C Fan/Gas 4
7. Place the candy and golden beetroots and place in foil with a drizzle of oil and a sprinkle of [Suölo Reduced Sodium Sea Salt](#) and put in the oven. Bake the beetroot until you can put a knife through the beetroot.
8. Cut the beetroot into rough chunks and keep in separate containers until needed
9. For the salsa verde finely chop the shallots, capers, garlic and herbs
10. Mix all the ingredients together to create a salsa verde.
11. To serve place the beetroot on the plate with roasted beetroots on top and halved blackberries and then drizzle the salsa verde over the top.

### Chefs Tips

- A dash of Kirsch works well with the golden and candy beetroot mixture.

- The roasting time for the beetroot can vary depending on the size of the beetroot but usually between 45- 90 minutes.
- You can use a food processor to prepare the shallots, capers and garlic for the salsa verde.
- If you freeze some of the fermented beetroot you can use it as a “starter” for next time you want to ferment and reduce the fermentation time down to a few days!