



# BALSAMIC BEETROOT RELISH

<b>Season:</b>	<b>All year round</b>
<b>From the garden:</b>	<b>Beetroot</b>
<b>Type:</b>	<b>Condiment</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	<b>England</b>
<b>Serves:</b>	<b>1 ½ cups</b>
<b>Source:</b>	<b><a href="http://www.annabel-langbein.com">www.annabel-langbein.com</a></b>

## Equipment

- \*chopping board
- \*knife
- \*grater
- \*bowls
- \*measuring cup
- \*measuring spoon
- \*cooking pot with lid
- \*vegetable peeler
- \*wooden spoon

## Ingredients

- \*2 medium beetroot (around 400g)
- \*½ red onion
- \*1 tbsp raisins
- \*¼ cup sugar
- \*½ tsp allspice
- \*½ cup balsamic vinegar
- \*2 tbsp water
- \*½ tbsp olive oil
- \*½ tsp salt, pepper to taste

## Method

1. peel and grate the beetroot
2. chop onion finely

**3.add all the ingredients into a cooking pot, cover and bring to a boil on high heat**

**4.reduce to a simmer and cook for around 20 minutes**

**5. remove the lid and cook for another 5 minutes to thicken**

**Notes: A “condiment” is used to add flavour to food. A relish is a thick pickle or sauce, containing vinegar.**

**Skills: measuring, *mixing, grating....***