

Minced Beet

3 medium sized beetroots
5 sun-dried tomatoes
Beet juice (a small glass)
Mayonnaise about two table spoons
two tablespoons capers, chopped
two tablespoons chopped parsley
two tablespoons small gherkins, chopped
pepper, freshly ground
salt
olive oil

Wrap the beets in foil and bake in the oven at 175 °C for three hours. Soak the dried tomatoes in the beet juice for about the same time. Let the beets cool completely.

Peel the beetroots and chop very fine. Strain the tomatoes and chop them fine. Should you not yet have chopped the parsley, capers and gherkins do that too.

Mix the beets with the mayonnaise and about half of the other chopped ingredients. Add some olive oil, freshly ground black pepper and salt to taste. You could now add the rest of the chopped ingredients according to taste or serve these apart, so the each one can add some themselves.

Leave the mixture rest for about an hour if you make it in advance (a day ahead would be no problem) do place them in the fridge, but take out in time to get to room temperature.

Form the beetroot mince into patties by hand or use a ring or small cup. Place these on a plate add some parsley for decoration.