



Recipe of the Month- November 2006

Beetroot pasta with sour cream

Serves 6

Ingredients:

- 2 Onion, chopped
- 4 Medium sized beetroot, peeled and chopped in to chunks
- 500ml Chicken Stock
- 5 ml Salt
- Juice of 2 oranges
- 500g Dried Spaghetti or pasta of choice
- 125ml Crème Fraiche or Soured Cream
- Fresh Chives snipped with a scissor

Method:

1. Place the onions, beetroot, stock, salt and orange juice in a pot and simmer, covered for 30 minutes until the beetroot is tender. Allow cooling before placing in a food processor and pulse it in a smooth puree.
2. Cook the pasta according to the packet instructions until al dente.
3. Drain and return it to the pasta pot and set aside. Stir the beetroot through the pasta and marvel at the exquisite pink hue.
4. Scoop into a serving dish or onto individual plates. Top with generous dollops of sour cream and a sprinkle of parsley or chives.
5. Serve immediately, enjoy