

# PICKLED BEETS

SUBMITTED BY JOËLLE SÉVIGNY

## INGREDIENTS

- 2 pounds of beets
- 1 cup water (use the beet water)
- 1 cup vinegar
- 1/2 cup sugar
- 1 tsp salt
- 2-3 cinnamon sticks
- 1 tbsp mustard seeds
- 2 tbsp diced onions

## INSTRUCTIONS

1. Boil beets until tender. Set aside 1 cup of filtered cooking water.
2. Peel and cut the beets into quarters or slices. Set aside.
3. Bring the reserved cooking water, vinegar, sugar, salt, cinnamon, mustard seeds, and onions to a boil.
4. Put the beets into sterilized jars and cover with the boiling marinade.
5. Seal. Sterilize if desired (35 minutes in boiling water).

Pickled beets have been a staple in my family for as long as I can remember. Grown in our gardens throughout the summer months, then boiled and canned in the fall to sit in a dark cupboard until Christmas. They were always on the table for "special" dinners and were considered a treat.

I learnt how to pickle beets from watching my mother as a child in the kitchen -this was a common activity for me and my sister (especially when cookie dough was involved). Now I enjoy my own annual tradition of pickling beets, having my hands stained pink for a day, and then sharing the fruits of my labour with friends and family.

Did you know that beets were domesticated in the ancient Middle East, primarily for their greens, and were grown by the Egyptians, Greeks and Romans?

In the 19th century, women also used beets as lip and cheek stain.

