



Pickled beetroot with raspberry and Spanish chervil

Recipe: Lena Engelmark Embertsén and Elvira Lindqvist

Photo: Martin Vallin

Pickled beetroots are a common accompaniment to traditional Swedish dishes such as 'pyttipanna' – a kind of hash – or 'kalops', a traditional Swedish beef stew. In this rather different pickling recipe, the beetroot's liquorice notes and earthiness are enhanced by the chervil, complemented by the raspberries and beetroots' inherent fruitiness. The end result isn't just beautiful to look at, it's an incredibly tasty condiment to hearty stews. A tip would be to use a cast iron pot, as the iron really brings out the beetroot and chervil's liquorice tones. The pickling solution is also good with boiled fennel, as it has the same intense liquorice tones.

Preparation time:

45 minutes and storage time of at least 7 days.

Ingredients:

1 kg of baby beetroots with skins on
200 g fresh raspberries
100 ml white vinegar
200 g sugar
300 ml water
5 sprigs of Spanish chervil

Method:

Cook the beetroots in lightly salted water until they have softened but still have a bit of bite. Allow to cool and cut in pieces. Boil a pickling solution with the white wine vinegar, sugar and water – one part vinegar, two parts sugar and three parts water. Combine the beetroots, raspberries and chervil in a sterilised jar with a lid. Pour over the warm pickling marinade and close the jar. Store in a cool place for at least 7 days, but preferably a month.

Enjoy!

This recipe has been created for The Taste of Swedish Summer project – a collaboration between Visit Sweden, Lena Engelmark Embertsén and Elvira Lindqvist. Inspiring visitors to discover Swedish summer flavours and Sweden as a culinary destination.

