

Caramelized beets with feta and baked lemon sauce

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Ingredients

Beets

- Boiled beets
- Coriander seeds, fennel seeds, herbs de Provence
- A few cloves of garlic
- Olive oil
- 1 tbsp honey or 1 teaspoon brown sugar
- Salt flakes
- For serving pistachios or walnuts, dill or mint

Feta and lemon sauce

- 1 a small lemon
- 120 g feta
- 100 g fatty sour cream
- 1 clove garlic

Instructions

Beets

1. So, peel off the skin of the cooked beetroot, it usually comes off very easily just by pressing on the beetroot, drain well and cut the beetroot into larger pieces as in the photo.
2. Put the beets in a baking dish in one layer, we need as much of the surface as possible to get heat.
3. Sprinkle with spices. Freshly crushed coriander, fennel seeds, herbs de Provence are very tasty and suitable for beets.
4. Add a few cloves of finely chopped garlic, sprinkle with olive oil.

5. Add a spoonful of honey. If you don't have honey, sprinkle with a teaspoon of brown sugar. I do not salt boiled beets. They already have salt. If the dish needs salt, it tastes better when sprinkled with Maldon salt flakes.

6. Place in the oven and bake for about half an hour at 170-180 degrees. The liquid should evaporate and caramelize nicely.

Sauce

7. One small lemon, cut into slices, 120 g of feta, 100 g of fat sour cream, 1 clove of finely chopped garlic. On a well-heated pan, fry the lemons until golden brown, fry one side for a minute and a half, then flip and fry the other side. Leave the lemons to cool. Meanwhile, mix the feta and sour cream well, preferably with a blender. Add garlic, chopped lemons. Mix well. Everything!

Serving

8. Spread the sauce on a plate, put the cooled beets on it. Garnish with nuts and fresh herbs.



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