



2017 Master Food Preserver Training Lab Recipes

Freezing Beets

Preparation

1. Select deep, uniformly-red, tender, young beets.
Wash and sort according to size. Trim tops, leaving ½-inch of stems and tap root, to prevent bleeding of color during cooking.
2. Cook in boiling water until tender-for small beets 25 to 30 minutes; for medium beets 45 to 50 minutes.
3. Cool promptly in cold water. Peel, remove stem and tap root, and cut into slices or cubes. Package, leaving ½-inch headspace. Seal and freeze.



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