

#172 SEPTEMBER 6, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Beets are in the boxes this week!

Beets are delicious simply roasted, peeled, sliced and put in your salad. Do you juice? Try adding beets to your next Juice Bar order or add them to your juicing routine at home. Beets are high in nitrates and potassium as well as fiber!

But did you also know that beets can be used as food coloring? I have 2 small kids at home and pink frosting is now a staple in our diet because of the numerous frosted cookies, cakes and cupcakes at birthday parties we seem to always be attending. Try out these recipes for a natural dye and natural beet puree to avoid using the fake food coloring that is sold in stores.

Beet Food Coloring

First, wash and peel your beets. The last thing anyone wants to taste in frosting is dirt, so take your time and be thorough with this step. I use a sharp knife and just peel the skins, don't waste your time with a hand peeler.

Next, cut your beets in half and in half again.

Place beets in pot(s) and cover the beets with water. I used 4 medium red beets

Bring the water/beets to a boil and let it boil down to a concentrate. I waited 25 minutes.

Get a bowl or mason jar and a fine mesh sieve and pour your beet extract through the sieve. This process yielded about 1 cup of extract.

Royal Icing Recipe (with beet extract)

Yields 1 dozen 4" cookies

Ingredients

1 Cup Confectioner's Sugar
1 Tsp Cream of Tartar

1/4 Cup Beet Extract (add the extract slowly until you get your desired consistency. You can add more if you want your icing to be thinner). A good rule of thumb with royal icing is that it is ready when you drizzle a spoon of frosting and it holds "a ribbon" for 5 seconds.

Method

Mix the dry ingredients together in a bowl and slowly add the beet extract to achieve the color and consistency you desire. For a fuchsia color I used 1/4 cup of beet extract, but to make a soft pink you can add 2 tablespoons of extract to a 1/4 measuring cup and then fill the remainder with water to dilute the extract... you can play around with the colors like any food coloring - just be sure to do so in small batches so you can adjust as needed.

In your
Box This
Week!

Microgreens
Heads of Lettuce
Arugula
Beets
Zucchini
Basil
Gold Potatoes

Small

Microgreens
Arugula
Heads of Lettuce
Beets
Bok Choy
Basil
Radishes
Gold Potatoes

Medium

Microgreens
Arugula
Heads of Lettuce
Beets
Bok Choy
Ginger
Hakurei Turnips
Broccoli Rabe
Zucchini
Basil
Gold Potatoes

Large



Natural Red Velvet Cake

Ingredients

Red Velvet Cake

2 1/4 cups (290g) all-purpose flour

1/4 cup (30g) cornstarch

3 tbsp unsweetened cocoa powder (do not use dutch process cocoa)

1 tbsp dry milk powder (optional)

1 1/2 tsp baking powder

1/2 tsp kosher salt

1/2 cup (110g) unsalted butter, room temp

1/2 cup (100g) canola or vegetable oil

2 cups (400g) granulated sugar, divided

3 large eggs

2 tsp vanilla extract

1 1/2 tbsp apple cider vinegar

1/2 cup (125g) whole milk

1 cup (240g) beet puree (3 beets) + 1 tbsp lemon juice

Cream Cheese Frosting

1 cup (220g) unsalted butter, room temp

12 oz full fat cream cheese, room temp (use Philadelphia cream cheese for the best results)

5 cups (500g) powdered sugar

1/2 tsp vanilla extract



Instructions

Beet Puree

First, make the beet puree. Cut off the stems and rinse the beets.

Slice the beets in half and place into a pot. Fill the pot to where the water reaches a couple inches over the beets. Stir in the lemon juice.

Bring to a boil then reduce to a simmer. Simmer for 30-35 minutes or until the beets are fork tender.

Place the warm beets onto a cutting board or plate (reserve the water they were boiled in). Gently scrape away the skins with a fork and transfer the beets to a food processor.

Add in 1/4 cup of the reserved water and blitz until the beets reach an apple sauce consistency. Run a spoon through the puree to test and make sure there are no large clumps left in the mix.

Pour the beet puree into a measuring glass to make sure it's exactly 1 cup. If you're a little short, mix in a couple tablespoons of the reserved water.

Red Velvet Cake

Preheat the oven to 350F and grease and line two 8" (or 9") cake pans. Wrap the pans in damp cake strips if you have them.

In a measuring glass, combine the milk and vinegar. Set aside.

In a medium bowl, whisk together the flour, cornstarch, cocoa powder, milk powder, baking powder, and salt. Set aside.

In a separate bowl using a hand or stand mixer with the paddle attachment, mix together the butter and 1 cup of sugar until light and fluffy.

Now add in the oil and remaining 1 cup of sugar and mix until smooth.

Mix in the eggs one at a time, followed by the vanilla and beet puree.

Alternating between wet and dry, mix in half of the dry ingredients, then the milk and vinegar mixture, then the rest of the dry ingredients.

Evenly divide the batter between the two cake pans. For 8" pans, bake for 35-40 minutes, for 9" pans, bake for 30-35 minutes. They're ready when a toothpick comes out clean with a few moist crumbs.

Allow the cakes to cool completely before assembling. *You can also chill the cakes overnight and frost the next day. Allow the cakes to cool at room temperature, then thoroughly wrap each cake with plastic wrap and chill in the refrigerator.

Cream Cheese Frosting

While the cakes cool, make the frosting.

In a large bowl using a hand or stand mixer with the paddle attachment, mix the butter until smooth.

Add in the cream cheese and mix until well combined. Scrape down the bowl and mix again.

Mix in the powdered sugar one cup at a time, followed by the vanilla.

Store the frosting in the refrigerator while the cakes continue to cool.

To assemble, level off the tops of the cakes if needed. .

Spread an even layer of cream cheese frosting between the two cakes and cover the entire cake in the remaining frosting. Decorate however you like and enjoy!

