

Beetroot Patties with Horseradish Cream

Heather Kjellesvik

1 lb. 2 oz. beetroot
1 shallot
1/3 c. sesame seeds
3 eggs, lightly beaten
2-3 T extra virgin olive oil
Sea salt and freshly ground black pepper



For the horseradish cream

Peel and grate the beetroot and peel and finely grate the shallot. In a bowl, mix the grated beetroot and shallot with the sesame seeds and eggs, adding salt and pepper to taste.

Preheat the oven to 350°F.

Heat the oil in a frying pan and place spoonfuls of the patty mixture in the pan and cook, without squeezing them so the texture stays quite loose, until golden on both sides. If the mixture seems too loose and irritating to handle, you can add 2 T all purpose flour to the mixture. Transfer the patties to an ovenproof dish and finish cooking in the oven for 10 minutes.

While they are in the oven, make the horseradish cream. Mix the yogurt and crème fraiche together, then grate in the horseradish and mix. Add the sugar and lime juice, season with salt and pepper and serve with the patties.