



*Recipes using*

**Secretts**

**HERITAGE  
BEETROOT**

**BETROOT & FETA DIP**



**SALAD FROM A SELECTION  
IN OUR DELI**



**BETROOT POMEGRANATE  
SALAD**



**VIBRANT VEGETABLE  
WELLINGTON**



**SPICED BEEF WITH  
HERITAGE BETROOT**

# Beetroot & Feta Dip



# Beetroot & Feta Dip

MADE WITH SECRETTS HOME GROWN PRODUCE

I like to do veggie packed snacks for pre-dinner drinks or quick lunches. This is so simple and the variations could be endless. I used choggia beetroot home grown at Secretts here hence the delicate pink hue but any beetroot would work. Although these candy stripe beetroot look stunning raw you lose the stripe when they are cooked but the flavour is sweet. The beets are roasted first whole in foil which makes them super easy to peel when they are cool.



## Ingredients

1 large bunch of Choggia beetroot, scrubbed  
1 x 200g pack of feta, reserve 50g for the garnish  
Juice of 1 lemon  
2-3 dessertspoons of natural Greek style yogurt  
3-4 sprigs of fresh thyme, remove the leaves and discard the stems  
Freshly ground black pepper

Garnish with the remaining feta, black pepper, edible flowers if you have them (I used blackcurrant sage flowers here) and a drizzle of English rape seed oil (optional)

**Method** Pre-heat the oven to Gas 5/ 200°C /Fan 180°C

Wrap the beetroot in foil and roast until tender approximately 40mins to 1hr. Leave to cool in the foil. Remove the skins (they should just slide off with the help of a sharp knife).

Chop the beetroot roughly and place in a food processor with the feta, lemon juice and 2 spoons of yogurt. Process until smooth and add more yogurt if the mixture is too thick. Add the herbs and pepper and blitz just to combine. Test the seasoning you shouldn't need salt as the feta should be enough, but suit your own taste here.

Spoon the dip into a serving dish and make a swirly pattern on the top with a metal spoon. Place the reserved feta in the centre and then garnish with herbs and finish with a drizzle of rapeseed oil. Serve with crudités (a selection of Secretts Heritage carrots work really well here) warm pitta or bread sticks

*Roasted Beetroot Salad with Broad Beans & Broccoli*  
**WITH POMEGRANATE DRESSING**



# Roasted Beetroot Salad with Broad Beans & Broccoli

## WITH POMEGRANATE DRESSING

The vegetables to compliment the beetroot used in this salad can be swapped and substituted depending on availability and I would make this with corn, fine green beans or baby runners too. I served this with a dollop of fat free Greek Yogurt sprinkled with sumac and a drizzle of oil. This would also work well with goat's cheese, a selection of charcuterie or as part of a cold buffet.



### Ingredients

#### Salad

5 medium cooked beetroot peeled and roughly chopped (see below)

150g cooked broad beans

50g cooked tender-stem broccoli, chopped

2-3 fresh nasturtium or other edible flowers (optional)

#### Dressing

1 tablespoon pomegranate molasses

1 tablespoon fresh chopped chives (or other fresh herbs such as mint)

1 dessertspoon extra virgin olive oil

1 dessertspoon red wine vinegar

1 clove of smoked garlic, crushed

Grated zest of 1 small un-waxed lemon

Salt and freshly ground black pepper

### Method

Place the vegetables together in a mixing bowl (apart from the flowers). Spoon the dressing ingredients straight on the salad and mix well. Place on a serving dish and decorate with flowers if you have them.

At Secretts we sell one of the best pomegranate molasses on the market by Lebanese food importer Mymoune.

### To roast the beetroot

If you are using Secretts home grown baby beets then simply scrub the skins to remove any mud. Top and tail and drizzle a little olive oil in a sheet of foil. Place the beetroot on the foil and fold to create a seal. Roast in a hot oven for 45 minutes then remove from the heat and allow to cool completely. Unwrap the beets feel free to use as they are or rub off the skins then chop into small chunks for the salad. You can boil the beets in water but you get a much better eating texture if you roast.



IMAGE CREDIT - PAUL GREGORY FOR MEZZE PUBLISHING

# Vibrant Vegetable Wellington

AS FEATURED IN THE SURREY COOKBOOK

## Ingredients

500g butternut squash, cut into 1cm cubes  
2 tbsp olive oil  
Small bunch of sage, chopped  
Salt and pepper  
2 onions, chopped  
500g mushrooms, sliced  
3 cloves of garlic, crushed  
150g cooked chestnuts  
1 nutmeg, for grating  
500g puff pastry  
1 egg, beaten  
6-8 cooked beetroot  
Sesame or poppy seeds

## Method

Toss the squash with half the oil, half the sage and some seasoning. Tip onto a baking tray and roast for 25 minutes in the oven until tender.

Meanwhile, heat the remaining oil in a large frying pan and fry the onion for 10 minutes until tender. Add the mushrooms and fry for 15 minutes until softened, and the liquid has evaporated. Add the garlic and remaining sage to the mushrooms. Fold in the chestnuts and roast squash. Season everything well, adding a grating of nutmeg. Leave the filling too cool before assembling the wellington.

Roll the pastry out on a floured work surface to a 35 by 45cm rectangle. Transfer to a large parchment-lined baking sheet with one of the long sides of the pastry facing towards you. Spoon the mushroom and squash mixture down the length of the pastry, leaving a 7cm border along the top and 1cm on both sides. Brush the exposed pastry with egg.

Put the beetroots in a line down the middle of the filling; they should be touching. Fold the filling-covered, long length of the pastry over the beets, using the paper to help you. Roll up and trim the pastry with a knife when it's overlapping by 1cm. Place the wellington seal-side down, and pinch the ends to seal them. Egg wash the whole thing and use a fork or blunt cutlery knife to score the pastry in a pretty pattern. Chill the wellington for at least 30 minutes, or up to 24 hours.

Heat the oven to 200°C again. Brush the chilled wellington with more beaten egg, sprinkle with the sesame or poppy seeds and bake for 45 to 50 minutes until golden brown and puffed up. Leave to rest for 10 minutes before carving into chunky slices with a sharp knife to serve with your choice of a lovely fresh salad or all the trimmings of a roast!



A top-down view of a white plate with a blue rim. The plate contains a serving of spiced beef chunks, dark purple heritage beetroot, and a side of golden-brown flatbread. The beef is topped with dollops of white cream, fresh green herbs (including cilantro and thyme), and small red garnishes. In the background, a metal cup holds a beetroot salad, and another plate shows more of the beef dish.

*Spiced Beef with Heritage Beetroot*

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# Spiced Beef with Heritage Beetroot

## Ingredients

- 1 dessertspoon (10g) coriander seeds
- 1 dessertspoon (10g) cumin seeds
- 1 dessertspoon (10g) fennel seeds
- 75g fresh root ginger, peeled and grated
- 4 cloves garlic, peeled and grated
- 1 dessertspoon (10g) of coconut sugar
- 2 dessertspoons (20ml) of pomegranate molasses
- 70g tomato puree
- 160g dark red beetroot, peeled and grated
- 1 large red onion, peeled and chopped
- 5cm of coriander root, washed and roughly chopped
- Sea salt and freshly ground black pepper
- 60ml Vegetable Oil
- 1.5kg of braising steak, chopped into bite size cubes
- 375ml water
- 350g of mixed heritage baby beetroot, scrubbed and cut into wedges

Garnish: Natural yogurt, pomegranate seeds and fresh coriander.

## Method

Preheat oven to 180°C/160°C fan or Gas mark 4/5. Place the coriander, cumin and fennel seeds in a small frying pan over high heat and toast for 1 minute shaking the pan regularly. Place the mixture in a food processor and add the ginger, garlic, sugar, pomegranate molasses, tomato paste, grated beetroot, onion, coriander, salt and pepper. Blend until the mixture is smooth. Pan-fry the beef in batches using a large ovenproof pan, first add a couple of dessertspoons of oil and season with salt and pepper. Place the meat in a bowl on one side. Add the curry paste to the pan and stir-fry for 3-4 minutes. Now add the beef back to the pan with the water and bring gently to a simmer. Cover and place in the oven to cook for 50 minutes to 1 hour with the the beetroot wedges which are wrapped tightly in foil on a separate tray. Remove the beef from the oven and add the roasted beetroot and cook for a further 40 minutes or until the beef is tender. To serve garnish with natural yogurt, coriander leaves and fresh pomegranate seeds. Serve with rice or warm shop bought roti.

A close-up photograph of a vibrant salad served in a black ceramic bowl with white speckles. The salad features large, bright red tomato wedges, sliced almonds, fresh green herbs, and other colorful vegetables. The bowl is garnished with white seeds around the rim. The background is softly blurred, showing more of the bowl and some red and pink floral elements.

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