



Unit 2 recipes

Recipe 1 – Direct heat

Shiso Purple stir fried with roasted beetroot and red wine syrup

Servings

Two

Ingredients

- 400 g Red beetroot
- 2 tsp Grapeseed oil
- Pinch Sea salt
- 200 ml Red wine
- 80 g Caster sugar
- 1 punnet Shiso Purple

Equipment

- 1 x Roasting tray
- 1 x Medium saucepan
- 1 x Wooden spoon or spatula
- 1 x Scissors
- 1 x Frying pan
- 2 x Small serving plates

Method

- Preheat the oven to 200°C / fan 180°C.
- Peel the beetroot and cut into even sized wedges. Place onto a roasting tray, drizzle with one teaspoon of the oil and a pinch of salt, toss to coat then place in the oven to roast for 25 minutes until tender.
- Meanwhile, pour the red wine into a saucepan and stir in the sugar. Place over a medium heat and cook, stirring occasionally until the sugar has dissolved then increase the heat and bring to a boil. Boil for five minutes until thickened and reduced by at least half – it should be thick enough to just coat the back of a spoon.
- When the beetroot have roasted, remove from the oven and set aside. Cut the Shiso Purple from the punnet using a pair of scissors. Heat a frying pan until hot, add the rest of the oil and the roasted beetroot and 75% of the Shiso Purple and stir fry together for 20–30 seconds until the cress has just wilted. Remove from the heat and add the syrup and toss once more.
- Place the beetroot onto two small serving plates, then spoon the residual syrup over the top and finish with the last of the Shiso Purple. Set aside for 1–2 minutes before eating.