

Virtual re-cook café

Webinar

by Morgan Waite

Beet leaf pesto & Beet root pizza



Never miss a beet

They are packed with minerals, fiber, antioxidants, and vitamins for aiding eye health, detoxifying the liver and colon, strengthening bones and boosting the immune system.

Both the leaves and the roots of these veggies can be eaten raw or cooked. Other preparations include soups, salads, smoothies, sides, pasta dishes and so much more.

Don't forget to prep right after purchasing and store them correctly. Preparing your vegetables ahead of time can help save you time and money throughout the week. Under refrigeration the roots can last a very long time. When cleaned and properly stored in an airtight container with a dry paper towel on the bottom and a damp on top the leaves can last up to a week

ROOT TO STEM



Ch. 1

Food for thought

Root to stem cooking is a fancy term for fully using a fruit or a vegetable. It's a great way to both minimize food waste and maximize nutrition and flavor.

The leaves, stems, stalks, and skins of veggies each have their own unique taste and textures so it's like getting multiple veggies in one package when you use the whole plant.

Do your part to combat food waste by eating every part! Here are a few pro tips to start you on your zero waste journey:

Take inventory of what you have before you go shopping. When you do go to the store shop local and shop often as much as possible.

Don't stress out about following recipes to a T make substitutions that suit you. Use what you have on hand or is the least expensive. Be creative and have fun!

Be prepared when you go out, bring reusable bags and containers. Cut down your carbon footprint and take advantage of those bulk bins.

Cooperatives and farmers markets may just give you nutritious greens for free because otherwise they may have been thrown out.

Re-grow your herbs by placing them in water and giving them sunlight.

When your greens start to dissipate remember pesto is such a great way to use them up. Blanching greens can help keep your leaves vibrant and take away bitterness too

Have things you need to use up in the fridge? Turn them into pizza toppings! Don't have pine nuts? Swap out a different kind of nut be adaptable & resourceful!

When moving to a more sustainable zero waste lifestyle remember that the freezer is your friend. In this case both the pesto and the dough hold up nicely the freezer.

There is definitely one thing we can all do about this food waste problem we can eat it! Small changes in our individual habits can make a massive difference globally. Putting a little bit of thought back into what we are purchasing and consuming is certainly food for thought



Recipe

Yields: 6 servings *you will have left over pesto and purée

Ingredient	Amount
Beetza dough:	
Beetroots, Large	2 bu
Water, Warm	3/4 cup
Yeast, Active dry	1 tsp
Flour, All purpose	3 cups
Sea salt	1 tsp
Beet leaf pesto:	
Beet leaves	4 cups
Basil	1 cup
Pine nuts, roasted	0.5 cup
Parmesan	0.5 cup
Lemon zest	1 ea
Lemon juice	0.5 ea
Garlic	1 clove
Olive oil	1 cup
Salt	1 tsp
Pepper	0.5 tsp
Toppings: (all optional)	
Mozzarella	1.5 cup
Dumpling squash, roasted	2 ea
Pear	2 ea
Blue cheese, crumbled	1 cup
Balsamic glaze	0.25 cup
Arugula	1 cup



Method

For the beet root:

1. Preheat the oven to 450° F
2. Wash the entire plant. Cut the stems and leaf away from the root. Set aside
3. Wrap the beet roots in foil. Coat with a little bit of olive oil and salt. Roast in oven for 35 to 45 minutes until fork tender. Allow beets to cool slightly and then rub skins off with a paper towel.
4. Cut the beets into more manageable pieces and purée with a food processor or blender. (you will need half a cup of the purée for the beetza dough)

For the beetza dough:

1. Measure out warm water and stir in yeast, set aside
2. Measure out remaining dry ingredients into mixer. Begin mixing with a dough hook on a low setting and slowly incorporate the yeast and water.
3. Allow the mixer to knead the dough until it seems fully incorporated and starts to pull away from the sides of the mixing bowl.
4. Pull the dough out of the mixing bowl onto the counter and form a nicely shaped ball and place into a greased bowl. Cover the dough, place in a warm area, allow to rest for one hour

For the pesto:

1. Place a medium-size pot of water on the stove and bring to a boil. Separate the greens from the large pink stems and chop into one inch pieces.

2. Dunk beet greens, stems, and basil individually into the water. When the water returns to a boil strain and cool. (If you choose to you can now set aside the stems for a pizza topping or alternative dish)
3. After cooling run your knife through the greens and place in a food processor. Add all other ingredients except for the olive oil and pulse until fine. While the motor is running, add the olive oil slowly until everything is blended together.

For the beetza assembly:

1. Dust the counter with a small amount of flour, take your beetza dough and equally portion it into thirds.
2. Roll out each of the portions of dough into desired shape as thinly as possible and place on to baking paper. Then slide the dough and paper onto a baking tray to give you stability in and out of the oven.
3. Generously spread the beet leaf pesto onto the base of each followed by cheese and desired toppings. Remember this could be anything you desire or your diet requires!
4. Place the beetzas in the oven and cook for 12 to 15 minutes or until the base is crisp and the edges have begun to brown.
5. Once the beetza is cooked allow to cool for 2 to 3 minutes then cut and enjoy!