

Spiced Beets & Carrots

Ingredients:

1 lb Beets (about 4 medium)
1 lb Carrots, sliced
2 tb Grated fresh gingerroot
1/2 c Brown sugar
1/2 c Orange juice
1/4 c Cider vinegar
Grated zest of 1 orange
1/2 ts Ground cinnamon
1/2 ts Mace

Directions:

Wash the beets well and cut off the leaves, leaving an inch or so of stem. Cover with cold water, bring to a boil and simmer, covered until tender, about 40 minutes. Drain and cover with cool or lukewarm water.

When cool enough to handle, slip off the skins.

Cut the beets into slices or chunks.

Peel and cut the carrots into slices or chunks, resembling the beets in size and style.

Steam or boil in lightly salted water about 5 minutes or until tender but not soft. Drain.

Combine the ginger, sugar, orange juice, vinegar, orange zest and spices in a saucepan and bring the mixture to a simmer.

Cook until thickened.

Simmer the cooked beets and carrots in this sauce for about 5 minutes.