

Braised Beets with Orange and Pecans

From – *The Oz Family Kitchen Cookbook*

2 lbs medium beets, trimmed and scrubbed clean
¼ cup extra-virgin olive oil
2 Tbsp finely chopped onions
finely grated zest of ½ orange
2 Tbsp fresh orange juice
2 Tbsp pure maple syrup
2 Tbsp champagne or white wine vinegar
¼ cup coarsely chopped pecans, plus more for garnish
2 Tbsp finely chopped fresh chives, plus more for garnish
fine sea salt
freshly ground black pepper

- Put the beets in a large saucepan and add enough cold salted water to cover them by an inch.
- Cover the saucepan and bring to a boil over high heat. Remove the lid and reduce the heat to medium-low. Simmer the beets, uncovered, until they are tender when pierced with the tip of a knife, about 45 minutes, depending on the size of the beet.
- Drain the beets and let them cool until easy to handle. Slip the skins off the beets. Quarter and then cut them crosswise into 1” chunks.
- Heat the oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until they are softened, about 2 minutes.
- Stir in the orange zest, orange juice, maple syrup, and vinegar.
- Add the beets and cook, stirring occasionally, until the liquid has reduced to a few tablespoons, about 10 minutes.
- Stir in the pecans and chives.
- Season to taste with salt and pepper.
- Transfer to a serving bowl, sprinkle with more pecans and chives, and serve.



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