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Recipe number sixty-two

The Swiss say Rande, the Germans Rote Beete.
The Maremmani say rapa rossa; in correct Italian it is
barbabietola. They all mean the supremely healthy
root that can be used in so many ways.

Il pesto rosso The red pesto

Ingredients for ca. 12 people

1 raw beetroot, about 250 g

3 tbsp olive oil

2 good pinches of salt

150 g cooked beetroot slices

1 clove of garlic, 150 g olive oil

40 g Parmesan, grated

60 g Pecorino Romano, grated

perhaps about 30 g olive oil, black pepper,

perhaps peperoncino, salt

preheat the oven to 200 degrees.

peel, cut into slices a good 0.5 cm thick

line a baking tray with paper, brush the slices with

and

(by hand or with a brush).

Set the oven to 180 degrees and bake the beetroot slices for about 40
minutes, until they are just done. Leave them to cool.

Making the pesto

blend the beetroot, garlic and olive oil together.

The purée may be fairly coarse.

To finish

add everything and mix.

Depending on how salty the cheese is, add a little more salt.

Add a little more olive oil if you like.

Cooking the pasta

Put the cooked pasta back into the pot, mix it with a little olive oil and
fold the pesto straight in. Fill the rest into a screw-top jar, cover it with olive oil
and keep it in the fridge – or give it away!

A short cut for making the pesto

You buy whole cooked beetroot and peel it. But the ones roasted in the oven
are incomparably better in flavour!

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VERONICA'S TIP

Bake a larger quantity of slices and make a
piccata with them, or chop them into a
delicious salad. If you find really fresh roots
with their greens at the market, take them:
the stalks and leaves can be cooked like
chard and taste excellent.