



CREAMY SWEET BEET PIE WITH HAZELNUT CRUST AND YOGURT SYRUP

This is my ode to the beet. I love it. It is good steamed/boiled, but why stop there? Surely the humble, yet provocatively deep red-colored, beet has more to offer beyond the boundaries of salads, or worse, as a natural red food color. The result of an evening of inspiration and creativity is a gorgeous ruby-colored creamy sweet pie with an addicting beet crunch and chewiness complemented by a hazelnut crust. The yogurt syrup makes it even better. Oh my! Even the beet skeptic might be swayed to the beat of the beet!

Ingredients:

Filling

- 500 grams fresh whole beets (approx 3-4"-diameter beets), peeled and cut into ½" cubes
- 1/2 tablespoon lemon juice
- 3 tablespoons whole wheat flour
- 7 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 large egg
- 2 tablespoons heavy cream
- 1 teaspoon vanilla extract

Crust

- 3.5 oz shelled hazelnuts, ground to powder consistency in a food processor
- 2 oz wheat germ
- 4 tablespoons salted butter, melted
- 2 tablespoons brown sugar

Syrup

- 1/2 cup greek yogurt
- 1/2 cup icing sugar

Equipment

- food processor (for grinding hazelnuts)
- 2 small mixing bowls
- 9" glass pie plate
- 1 baking sheet
- parchment paper
- 1 medium mixing bowl
- 1 large mixing bowl
- aluminum foil

Preparation

For the Crust:

1. Preheat oven to 350°F with the rack in the lower middle position.
2. Mix ground hazelnuts, wheat germ, brown sugar and melted butter in a small bowl to create a gritty paste.
3. Transfer onto the pie plate. Press and level against the bottom and sides of the plate with a spatula. Bake in the preheated oven for 10 minutes. Set aside to cool on a trivet.
Keep the oven on.

For the Filling:

4. Line baking sheet with parchment paper. Pour and spread cubed beets on the parchment paper. Bake for 10 minutes. After removing, place the oven rack in the upper middle position.
5. Put baked beets in a medium bowl and toss with lemon juice.
6. Mix flour, brown sugar, ground cinnamon, and ground nutmeg using a spatula in a large bowl. Pour beets into the mixture and toss to coat.
7. Beat eggs with heavy cream in the medium bowl from #5 with a fork. Pour over the beet and flour mixture, and stir together with a spatula until there are no dry spots left.

Assembling the Pie:

8. Transfer the beet mixture into the pie plate with crust. Level with a spatula. Bake in the oven for 30 minutes.
9. Remove pie from the oven. Increase the temperature to 400°F and place the rack in the lower middle portion of the oven. Cover the pie plate with foil and return to the oven. Bake for another 10 minutes.
10. Cool the pie (still covered with foil) on the trivet for 30 minutes, then uncover and cool for 30 minutes more.

Making the Syrup:

11. Beat the icing sugar and yogurt together until smooth.
12. Slice beet pie and serve with yogurt syrup.

Notes

Beet preparation: The original recipe calls for cubed fresh beets that are pre-baked to cook and dry a little to make them chewy. You can also shave or grate the beets if you have trouble chewing or if you don't like them chewy; and you may then skip Step #4.

Serving suggestions: You can top the pie with vanilla ice cream or crème fraiche, instead of yogurt syrup. Best served warm. Re-heat in microwave for 10 seconds before serving.

Hazelnut Crust: Very versatile and I urge you to use it with other fruits (or veggies!). ☺

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