

Beetroot & Apple Salad

A staple on any Scandinavian smörgåsbord, pickled beetroot and apple salad can be enjoyed on its own, with meatballs, or as part of a salad.

The secret is to use a pickled beetroot that is quite sweet - and that generally means choosing a Scandinavian brand, such as Felix or Beauvais. A good, tart apple will provide a tasty contrast.



Good food with love from Scandinavia

Recipe

A 370g jar of pickled Felix or Beauvais beetroot
1 Granny Smith apple
A good-quality mayonnaise
Crème fraîche
Salt, pepper
A squeeze of lemon juice

- Drain the beetroot and dice into 1cm pieces. Dice the apple in the same way
- Mix the beetroot and apple in a bowl, then add two tablespoons of mayonnaise and two tablespoons of crème fraîche
- Stir together so you get a creamy consistency and a medium-pink colour
- Season to taste. Add more mayo and crème fraîche, if required

Leave to set in the fridge for a few hours. The salad will turn a darker colour, so add a bit more crème fraîche or mayonnaise just before serving if you wish.



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