

ROOTS

Or if you think you need chocolate to mask the taste of beets, here's another option. The recipe is from *thelunacafe.com*.

Chocolate-Beet Quick Bread

Makes 1 loaf

1 cup plus 2 tablespoons flour
½ cup unsweetened cocoa powder, plus a spoonful for coating the pan
1 teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon fine sea salt
½ cup (1 stick) unsalted butter, melted (or oil)
½ cup granulated sugar
½ cup firmly packed brown sugar
2 eggs
2 teaspoons vanilla extract
1 ½ cups peeled and grated raw beet, loosely packed (about 1 medium-large beet)
1 teaspoon finely chopped fresh rosemary (optional)

Place oven rack in middle position and preheat oven to 350 degrees.

Coat just the bottom of an 8 ½-by-4 ½-inch loaf pan with vegetable oil spray, then add a spoonful of cocoa, shaking pan to cover bottom with a light film, then knocking out any excess.

In a medium bowl, sift together flour, cocoa powder, baking powder, baking soda and salt.

Peel the beet, then place a box grater over a double layer of paper toweling laid on a nonabsorbent surface such as a baking sheet. Grate beet, then gently fold and press the paper toweling to absorb any excess moisture. Measure 1 ½ cups.

In a large bowl, whisk together the butter (or oil), sugars, eggs and vanilla until creamy and smooth, about 2 minutes. Stir in the grated beet and, if using, chopped rosemary.

Add flour mixture to butter-beet mixture and, with a large spatula, combine gently but well. No flour should be visible.

Scrape batter into prepared pan, and bake in preheated oven 40 to 45 minutes, until a toothpick inserted into center comes out clean.