



That Good Navy Chow!

SPICED BEETS

Portion Approx. 2/3 cup, 4 to 5 ounces
100 Portions

Ingredients

Beets, A. P.	33 pounds
Water	To cover
Cloves, whole	¼ ounce (approx. 1½ tablespoons)
Water	(approx. 1 gallon)
Cinnamon, ground	(approx. 2 teaspoons)
Salt	2 ounces (approx. ¼ cup)
Pepper	(approx. 1 teaspoon)
Sugar, brown	2 pounds, (approx. 1½ quarts)
Sugar	1 pound (approx. 1 pint)
Vinegar	(approx. ½ gallon)
Butter	1 pound, (approx. 1 pint)

Wash beets thoroughly. Trim stems 2 to 3 inches above beets. Retain roots.

Heat water to boiling temperature. Add beets. Cook for about 35 to 60 minutes or until tender. Drain.

Cover beets with cold water. Peel. Dice or slice.

Add cloves to 1 gallon water. Heat to boiling temperature. Add cinnamon, salt, pepper, sugar and vinegar. Cook 10 minutes. Strain.

Pour juice over beets. Heat to boiling temperature. Add butter.

Note.- 1. 4 No. 10 cans (3¼ gallons) beets may be used in place of 33 pounds fresh beets.

2. Reduce sugar if a sourer sauce is preferred.