

**BEETS – ALBERTA WILDFLOWER HONEY GLAZED**

**Ingredients**

* 4 cup beets
* ½ cups white sugar
* 2 tablespoons cornstarch
* 1/3 cup white balsamic vinegar
* 1/3 cup water (use the water that you cook the beets in for extra flavour)
* ¼ cup Alberta wildflower honey
* 3 tablespoons unsalted butter
* ¼ teaspoon kosher salt
* 1/8 teaspoon black pepper

**Preparation**

Start by cooking the beets. We use golden beets, but if you prefer red, striped, or candy cane, use those. The beets need to be cooked to 95 per cent done, they should still have a little bite to them (cooking time depends on the size of the beets).

In another pot, combine sugar and cornstarch, then add to the vinegar, water, honey and bring to a boil for about 5 minutes.

Add cooked beets and simmer, then add in the butter and seasoning.

Serves 4-6.

**Source:** Chef Nathin Bye, in *The Tomato*, <http://thetomato.ca/recipes/alberta-wildflower-honey-glazed-beets>