

Sautéed Beet Greens Appetiser

A recipe from "[Cookbook in a Day](#)" 2022, by "thegirlclaudia"

Ingredients

	Freshly harvested beet greens with stems
1-2 cloves	garlic
1-2	onions (shallots)
1	chilli pepper (capsicum annuum)
1 tsp	salt (preferably sea salt, finely granulated)
1 tsp	(white) pepper
1 tsp	sugar
½ tsp	apple cider vinegar
½ tsp	rosé wine
1 tbsp	tomato ketchup
2 tbsp	olive oil

Prep notes

- Beet greens may be replaced with Swiss chard.
- Tomato ketchup may be replaced with other thick sauces that are sweet or umami. I used sweet Thai chilli sauce to avoid the high fructose corn syrup in the ketchup.
- Rosé wine is optional. It may be replaced with other liquors suitable for cooking. ^①
- The items in brackets are for sticklers for precision. They were the exact ingredients I used.

Method

Preparation time: 15 minutes

Cooking time: 10 minutes or less

Wash the beet greens thoroughly. Remove all soil and slime. Detach the stems of the beet greens from the leaves, and dry them well. Both will be used in cooking. Chop the garlic, onions and chilli.

Heat a (non-stick) frying pan at medium heat. When the air above the pan feels sufficiently hot, add olive oil and swirl it so that the oil covers the base of the pan. Add a small piece of garlic or onion to the oil. Once bubbles rapidly emerge from it, add the chilli and the remaining garlic and onion. Stir-fry until the garlic and onion are soft and golden.

Add stems of beet greens. Stir-fry until soft. Add leaves of beet greens. Stir-fry until soft. Add salt and pepper, then tomato ketchup and apple cider vinegar. Mix well. Add the sugar, and then the rosé wine. Immediately afterwards, cover the pan with a lid and put on low heat.

Take off the lid after 2 minutes. The dish is now ready to serve.

^① In the story that accompanied this recipe, she wrote "Chinese-style rosé wine". I think she means "Meiguilu jiou", rice wine flavoured with rose. Shaoxing wine, which is easily obtainable, would be a better substitute than our rosé wine made from grapes.