Quick Refrigerator Pickled Beets

6 small beet side portions from 500 g prepared raw beets, with refrigerator dressing · Active 25 min · Total 3 hr 20 min

Ingredients

- 1 lb 2 oz raw beets, peeled and cut in 1/4-in/6-mm half-rounds (500 g prepared)
- 4 cups water (960 ml), for cooking beets
- 2 oz red onion, very thinly sliced (60 g)
- 1/2 cup food-grade cider vinegar labeled 5% acidity (120 ml)
- 1/2 cup drinking water (120 ml), for dressing
- 2 tablespoons sugar (25 g)
- 1/2 teaspoon fine salt (3 g)
- 1/2 teaspoon caraway seeds (1 g)
- Ice and cold water for an external cooling bath, not mixed into the food

Set out

Saucepan, Colander, Small saucepan, Shallow heatproof refrigerator container with cover, Large bowl for an ice-water bath, Slotted serving spoon, Refrigerator

Allergens

No major allergens inherent in the listed base; check vinegar and seed labels. Check labels and substitutions.

Make it

1. Put prepared beets and their 960 ml water in the saucepan. Bring to a gentle boil, then simmer 25–35 minutes until a knife enters easily. Drain thoroughly.

2. Meanwhile put vinegar, dressing water, sugar, salt and caraway in the small pan. Bring to a simmer and stir 2–3 minutes until sugar dissolves.

3. Put hot drained beets and thin onion in the shallow heatproof container. Pour dressing over and stir gently. Set the container in an external ice-water bath 10–15 minutes, stirring food with a clean spoon and keeping bath water out. Refrigerate promptly at 40°F (4°C) or below; do not wait for a deep container to cool on a counter.

4. Cover when cooled and refrigerate at least 2 hours before serving six small side portions with a slotted spoon. Keep the reserve refrigerated. Some dressing remains; do not use it as a new preserving liquid for another batch.

A small tangy portion is the point

Lift the beets with a slotted spoon beside a rich bake. The bowl is a companion side, with dressing left behind rather than six glasses of liquid counted as servings.

A useful detail

The 200-minute total includes peeling, up to 35 minutes beet simmering, dressing, a brief cooling bath and at least 2 hours refrigerated chilling. It can take longer to become thoroughly cold. This is refrigerator-only food, never shelf-stable canned food.

Keep it well

Refrigerate promptly after the brief cooling bath, always within 2 hours of cooking, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days. Keep covered and use clean utensils. Do not can, seal for pantry storage, ferment at room temperature or extend the deadline because vinegar is present. Freezing is not recommended for texture.