Roast Beef Beet Sour Cream Mold

4 small beet-beef molds, about 210–220 ml each; modest cold beef-course portions · Active 35 min · Total 10 hr 30 min

Ingredients

- 7 oz plain ready-to-eat cooked unpickled beet AFTER draining (200 g)
- ¾ cup pasteurized whole milk (180 ml), divided
- ⅔ cup pasteurized sour cream (150 g), kept cold
- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- 1 tablespoon cider vinegar (15 ml)
- 1 teaspoon prepared noncreamy horseradish (5 g), label-checked
- 9 oz fully cooked ready-to-eat plain roast beef (250 g), safely chilled, cut across grain into ½-inch (1 cm) pieces
- ⅛ teaspoon black pepper
- ½ teaspoon neutral oil (2.5 ml), divided for wiping molds

Set out

Blender suitable for cold beet/dairy, Small saucepan, Mixing bowl and whisk, Knife and board, Scale and measuring jug, 4 metal individual molds of at least 300 ml capacity each, Paper towel, Food thermometer, Cold plates, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Check beef's cooked ready-to-eat state and original deadline through service; keep cold. Blend drained beet with 120 ml milk until smooth, then whisk with sour cream in bowl and refrigerate. Check mold capacities, dry and oil lightly.

2. Bloom gelatin over 90 ml cold water in saucepan 5–10 minutes. Add remaining 60 ml milk and warm gently while stirring until dissolved, about 120–140°F (50–60°C); remove before boiling. Whisk 3 tablespoons cold beet-dairy base gradually into warm gelatin. Once smooth and lukewarm, whisk back into remaining cold base with vinegar, horseradish and pepper.

3. Refrigerate 15–30 minutes until lightly thickened, stirring gently. Fold in cold short beef pieces. Divide among molds, about 210–220 ml each, leaving at least ½ inch (1.25 cm) headroom; refrigerate any excess separately.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 10½ hours total from cooked chilled meat and ready-to-eat beet.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Serve one modest cold beef-course mold per person.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Prepared beef and horseradish may add soy, wheat, sulfites or other allergens; check actual labels.

A useful detail

Water, milk and vinegar total 285 ml, with 200 g cooked beet, 150 g sour cream and 250 g cooked beef. Fourteen grams gelatin supports roughly 860 ml mixture. Four 300 ml molds leave room above about 215 ml each.

Keep it well

Keep covered at 40°F (4°C) or below and use within 2 days of assembly AND within 3 days of the meat’s original cooking, or an earlier commercial opening/use-by deadline, whichever comes first. The overnight set counts. Keep cumulative unrefrigerated preparation and service below 2 hours, or 1 hour above 90°F (32°C); discard beyond those limits. Do not freeze the finished gel.