

Beetroot Spaghetti Sauce

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This spaghetti sauce is really unusual, but delicious. For those who don't like beetroot, don't despair – we're using fresh beetroot, not pickled, for a real earthy flavour. You could also substitute the beetroot for roasted red peppers and omit the cooking apple.

Ingredients:

600ml single cream
1 glass red wine
1 large white onion
2 beetroots
1 cooking apple
1 clove of garlic
Salt and pepper
Small handful of fresh oregano or 1 tbsp. dried
Olive oil

Directions:

1. Peel and chop the ends off of the onion. Roughly chop it into eight or roughly slice it.
2. Peel, core, and chop the apple into small chunks. Mince the garlic clove.
3. Peel and chop the ends off of the beets. Roughly chop them into quarters or eighths.
4. Heat some olive oil in a frying pan and add the chopped onions. Season with some salt and allow it to cook gently for a few minutes, before adding the apple, garlic and beetroot.
5. Cook the mixture for 10 to 15 minutes or until they become tender.
6. Put the vegetables into a food processor on the chop setting, slowly adding the cream until the sauce is the texture of your liking.
7. Return the sauce to a large saucepan, and add the red wine, salt and pepper, and the oregano. Simmer gently for 5 to 10 minutes to deepen the flavour of the wine.
8. Toss spaghetti into the sauce and serve.

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