

Marinated Beet and Carrot Salad
Rote Ruben Salat und Gelbe Ruben Salat

: 2/3 cup wine vinegar
1 teaspoon salt
Pinch of sugar (1/4 teaspoon)
1/4 cup finely minced shallots (if not available use onions)
One or more fresh herbs chopped up – parsley, chives, dill, tarragon
1 1/2 teaspoon caraway seeds
2 teaspoon prepared horse radish

8 Large Carrots
8 Medium Beets

2-3 Tablespoons Sour Cream or Plain Yogurt

Prepare the Marinade by mixing together all the ingredients in a shaker type container with a lid shake well and let stand while you prepare beets & carrots.

Wash and peel the carrots and the beets

In a large mixing bowl

Grate the 8 medium raw beets with medium cheese grater. Squeeze out excess moisture.

In a separate bowl grate the 8 large raw carrots with a medium cheese grater Squeeze out excess moisture.

Mix half of the marinade with each of the grated vegetable and refrigerate for several hours.

Mix 2-3 Tablespoons sour cream or plain yogurt into each salad and serve.

GUTEN APETIT