



Beetroot Pickled Turnips (Kabees El Lift)

Pickled vegetables are always present on a Lebanese table. Olives, chillies and these beetroot-pickled turnips are most common, and small stuffed eggplants (makdous), cucumbers and cauliflower are also popular. The most distinctive are the turnips, traditionally stained bright pink with beetroot. They're super easy to make and keep for months in the fridge, so avoid the artificially-coloured commercial ones and make your own. If turnips are unavailable, use swedes, they're slightly creamy-coloured rather than pure white, but taste very similar, especially once they're pickled.

Makes 2 cups

INGREDIENTS

- 1 turnip or swede (about 250g/9oz)
- 1 baby beetroot (about 60g/2oz)

Pickling Liquid

- $\frac{2}{3}$ cup water (180ml)
- $\frac{1}{2}$ cup white wine vinegar (125ml)
- 1 tablespoon salt flakes (4 teaspoons)



METHOD

1. Make Pickling Liquid: Combine all ingredients in a small saucepan and bring to the boil, stirring until salt dissolves. Set aside to cool.
2. Trim and peel turnip or swede and cut it into batons about 1cm thick.
3. Trim and peel beetroot and cut it into batons about 5mm thick.
4. Pack turnip into a sterilised jar interspersing with pieces of beetroot.
5. Cover with Pickling Liquid, topping up with boiled water if necessary so that all pieces are fully submerged.
6. Press a cartouche cut from baking paper onto the surface, seal the jar and give it a gentle shake to combine everything well.
7. Store in a cool, dark place for a week, then refrigerate.