

## Cooking class: Beetroot burgers with celery tzatziki

# We share a sea. Diet for a clean Baltic

---

When you are cooking for a clean Baltic you should use local, organic products. You should also use plenty of vegetables and less animal products - that is meat, fish, eggs and milk. Therefore, in this recipe we have replaced the meat with beetroots and potatoes and the tzatziki is made out of celery instead of cucumbers. Cucumbers are fine in the summer, but during the winter we can only get cucumbers, if we grow them in heated greenhouses or import them from abroad.

### Beetroot burgers (serves 6)

- 125 g grated beetroot
- 125 g grated potato
- 1/2 cup grated cheese
- 1 large egg
- 1 cup breadcrumbs
- Oil for frying

#### What to do

- Mix all ingredients well together
- Divide beetroot mixture into six portions and shape into flat burgers
- Pour some oil in a good frying pan
- When the pan is hot you put the burgers on. Fry for a few minutes before trying to turn them. They must take color on both sides before they are ready, but don't leave them until they turn black.

**Task:** Try exchanging the beets for other root vegetables such as celery, parsnip, carrot or turnip. What is the difference in taste?

### Celery tzatziki (serves 6)

- 500 g Greek yogurt
- 250 g grated celery
- 1 clove of garlic or horseradish
- Salt and freshly ground pepper

#### What to do:

- Stir yogurt, celery and garlic together and season with salt and pepper.
- Eat with wholegrain bread.