BEET CURLS

Beet stems make an unusual garnish. Formed into curls, they look very attractive piled in the center of a food platter. Cut stem from beet and trim to about 6-inch pieces, discarding the leafy tops. Make a series of angled cuts down the stem, being careful not to cut right through.

Use a fine-bladed, sharp knife and carefully cut each stem lengthwise into thin strips, the thinner the strips the better they will curl. Cut at least 3 strips from each length of stem.

Drop the strips of stem into a bowl of iced water and leave to curl. If making lots of curls, use a large bowl so the strips can curl without tangling. Keep in water, in the refrigerator, until needed.