

Homemade Chrain



Chrain means "horseradish" and is a spicy paste. It is a common condiment for meat and fish dishes in the Jewish culture. There are two common forms of chrain in the Jewish cuisines. White chrain consists of grated horseradish and vinegar, and sometimes sugar and salt, while red chrain includes the addition of beetroot. These types of chrain are distinct from other horseradish-based condiments in that they are pareve meaning it contains no dairy products, making it acceptable at both meat and dairy meals according to Jewish dietary law. In contrast, many other varieties include cream. We will be making the white chrain.

As mentioned, this memorable condiment is traditionally found on the holiday table come Passover and, in eastern Europe, Easter. Its bracing robustness is most terrific alongside rich dishes such as deviled eggs, gefilte fish, and roasted hen, although it also works admirably as a dip with crudités.

Ingredients

1 - 1 x 3-inch piece fresh horseradish, peeled, roughly chopped (NOTE)

2 Tbsp cider vinegar or substitute balsamic vinegar

1 Tbsp olive oil

1 1/2 to 2 tsp salt

1 to 1 1/2 tsp granulated sugar

1 garlic clove, peeled (optional)

Place the whole, unpeeled beets in a large saucepan and add enough water to cover. Bring to a boil and cook until tender, 30 to 45 minutes. Drain the beets and rinse them under cold running water until they're cool enough to handle. Using your fingertips, slip off the skins. Then coarsely chop the beets. (You should have about 4 cups, give or take a little.) Place the chopped beets along with the remaining ingredients in a food processor and process until the desired consistency. (Consider adding the smaller amount of salt and sugar for starters, then toss in more if desired.) Taste and adjust the amount of horseradish accordingly. Cover and refrigerate the chrain for up to 1 week. Makes about 2 cups

NOTE

You can use more to taste and if you do not have fresh you may substitute prepared horseradish to taste.