

# Homemade Chrain

Recipe By *Brynie Greisman*



Cooking and Prep:  30  
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Serves:  40

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat, Passover

**Diet:** Vegetarian, Gluten Free,  
Vegan, Pescetarian, Low Fat,  
Low Carb

**Source:** Family Table by  
Mishpacha Magazine

**Cuisines:** Ashkenazi

This is a big, messy job. However, you do it once and it lasts the whole year through! You can either jar it and leave it in the fridge (space permitting) or you can freeze it and use as needed. If you don't want to make chrain for a crowd, feel free to cut this recipe in half or fourths, or follow the Alternate Chrain recipe below. Beets are a colorful source of anthocyanins, the purple pigments which are also found in blueberries, red cabbage, red onions, eggplant etc. Anthocyanins are powerful antioxidants that may help protect against cancer, heart disease, arteriosclerosis, and some complications from diabetes. They also protect the brain.

## Ingredients (12)

### Classic Chrain

1 quart (16 ounces /450 grams) ground horseradish\*

6-8 bunches of beets (each bunch has 4 beets, so approximately 24-32 medium beets)

- 3 and 1/2 cups sugar
- juice of 12-15 lemons
- 6 tablespoons salt
- 1 pint (2 cups) juice from the beets

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### Alternate Chrain Recipe

- 8-10inch piece of horseradish (20-25 centimeter)
  - 4 raw beets
  - 1/2 cup sugar
  - 1/2 cup water
  - 1/2 cup vinegar
  - 1 teaspoon salt and 1/4-1/2 teaspoon pepper.
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## Start Cooking

### Classic Chrain

1. Before you start, it's a good idea to line your counters with a double layer of disposable table cloth, and wear disposable gloves.
2. Wash and scrub beets well. Cover with water and cook beets with peel until almost soft, but not too soft. Cool and peel (peel will slide off easily this way). Alternately, peel beets first and then cook.
3. Prepare a very large bowl or basin. Grind beets using the knife attachment of the food processor. From time to time, stop grinding and empty bowl into the basin. Once all the beets have been ground, add the sugar, lemon juice, salt and beet juice and mix. Add horseradish last and mix very well. Adjust seasoning if necessary.

#### Note:

If horseradish is not available already ground, buy fresh and grind yourself. Beware: it will really make you cry!

### Make the Alternate Chrain Recipe

1. Follow the basic instructions below (please note that in this version, the beets are raw). This recipe freezes very well too.