



BEEET THIS

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An Unofficial
Schrute Farms Cookbook



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An Unofficial Schrute Farms Cookbook

Tyanni Niles
Sam Kaplan
Keith Riegert



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Managing editor: Claire Chun

Project editor: Renee Rutledge

Editor: Phyllis Elving

Front cover design: Amy King

Interior design and layout: [what!design @ whatweb.com](mailto:what!design@whatweb.com)

Production assistant: Yesenia Garcia-Lopez

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TABLE OF CONTENTS

FOREWORD 5

INTRODUCTION: BEET THAT, IDIOT..... 7

Beet Farming 101	8	A Beet-Worthy Kitchen	10
----------------------------	---	---------------------------------	----

BREAKFAST

13

One Raw Beet	15	Shredded Beet Porridge with Sown Wild Oats	19
Beet Biscuits with Rabbit Gravy	17	No-Bake Beet Bar	21
		Aunt Gertrude's Beet Gruel.	23

SALADS

24

Pickled Beet English Salad	25	Neapolitan Salad	29
Dutch Herring Salad with Beets	26	The Beta-Brassica Pact: Beet and Cabbage Salad.	30
Swiss Beet Salad	28		

SNACKS AND SIDES

31

Schrute Jerky.	33	Sweet and Sour Beets.	45
Beet Fries	35	Beet Pickles.	47
Beet Chips.	37	Buttered Beets	48
Beet Green Chips	38	Crimson Creamed Beets.	49
Kartoffelpuffer (German Potato Pancakes)	39	Polish Ćwikła.	50
Butterbrezel.	40	Sautéed Beet Greens	51
Beet Bread.	42	Whole Roasted Beets.	53
Roman Beets with Raisin Wine Froth.	44	Pickled Mangelwurzels	54
		Fire Roasted Beets.	56

SOUPS AND STEWS

57

Borscht.	58	Pfefferpotthast	64
Russian Beet Soup	61	Pennsylvania Pot Pie	67
Beet and Beef Stew	62		

MAINS

69

Russian Stuffed Tongue	70	Horsemeat Burger with	
Stuffed Beets	72	Horseradish Mustard	92
Cold Poached Fish	74	Pork Knuckle	95
Pigeons in Jelly	76	Homemade Bratwurst	
Cabbage Pie	78	Filling	97
Philadelphia Pepper Pot	80	Rinderroulade	100
Stewed Shin of Beef	82	Sauerbraten	103
Christmas Goose	85	Kartoffelkloesse	106
Veal Loaf	87	Woodchuck in Wine	109
Fried Peppers with		“Exotic” Meat Pie	111
Pork Chops	88	Trout Schnitzel	114
Spicy Fried Rattlesnake		Beet Spätzle	116
with Pickled Beets	90		

SWEETS

119

Moist Chocolate-Beet Cake	120	Beet Cinnamon Buns	126
Beet Pudding	122	Red Velvet Cupcakes	129
Goosey Chocolate			
Beet Cookies	124		

DRINKS

131

Grandmother Gertrude’s		The Irrigation	140
Beet Wine	133	Nighttime	141
Uncle Bert’s Beet Beer	134	The Scranton: The Real	
Beet Vodka	136	Original Manhattan	142
The America	139		

ABOUT THE AUTHORS..... 143

FOREWORD

The Office holds a very special place in our hearts. Michael, Dwight, Pam, Jim, and Darryl helped us get through post-college doldrums, graduate school, breakups and marriages, raising small humans, and—as we are writing this—the most ridiculously awful global pandemic in more than a century. Suffice it to say, we're really big fans.

After years of thinking about it, we finally summoned the courage to write this book—a parody and homage to Dwight Schrute and his family's rich history as the purveyors of Schrute Farms, the most respected and storied beet farm in Honesdale, Pennsylvania. To get started, we asked ourselves one main question: What would a family cookbook look like if the Schrute family passed recipes down from one generation to the next, and then the next? Heavy on the beets, Pennsylvania Dutch cuisine, and classic German recipes, the cookbook you hold in your hands is what we imagine our favorite quirky, stoic, and self-sufficient family would have compiled over the decades.



So, chop up a couple of ruby queens, dust off your Le Creuset Dutch ovens, and join us on a culinary road trip to the manure-laden beet fields outside Scranton, PA.

Genießen (enjoy),
Tyanni Niles
Sam Kaplan
Keith Riegert

INTRODUCTION: BEET THAT, IDIOT

Fact: The beet is the most superior plant-based food ever discovered by man. If edible plants were to be given belts to denote rank and superiority, the beet would be a seventh-degree black belt. Beetroot is literally packed with iron, vitamin C, potassium, manganese, folate, protein, phosphorus, and enough dietary fiber to keep you regular well into your hundreds. In addition, the regular consumption of beets has been associated with health benefits such as boosted all-around stamina, improved circulation, lower blood pressure, and enhanced, jaguar-like reflexes. Enjoy this cookbook as if your life depends on it. It does.



All competent historians believe domestication of the beet allowed early civilization to flourish around 2000 BCE thanks to its versatility.



BEET FARMING 101

So, you want to become a beet farmer. Fantastic! The first thing to know is that you will inevitably fail. Proper beet farming requires an incredibly varied skill set, which you likely do not have. Here are just a *few* of the skills required to farm beets:

1. The strength of at least one grown adult human and one adolescent human.
2. Nothing lower than a green belt in karate.
3. Facility with weapons (often referred to as “gardening tools”).
4. Access to excellent soil.
5. A beginner’s knowledge of both pest control and mind control.



Soil: Beets are like babies. They grow best when planted in tilled, slightly moist soil chock-full of organic matter (invest in plenty of manure). The optimum soil acidity is a pH of 6.4 (identical to healthy urine).



The typical life of a beet over three months.



Temperature: There's a reason that Northeastern Pennsylvania is known as the "beet basket of the world"—beets grow best in cool temperatures, ideally between 50° and 65°F (283° and 291.5° Kelvin). You'll want to hit pause on planting when temperatures climb into the 80s (300s).

Sowing: Plant your beet seeds a fortnight ahead of spring's final frost.¹ Sow each small handful of seeds 1 inch deep and 6 inches apart (in rows spaced a foot apart). Your average healthy acre should yield about 18 tons of beets—enough to feed a Schrute family of four for nearly a week.

Nurturing: Beets thrive in slightly moist soil. Consistently water throughout the growing season to avoid letting the soil dry out. You can grow superior beets in both full and partial sun.

Remove weeds by hand to ensure the beets aren't disturbed. To guard against potential pests—such as slugs, weevils, and leaf miners—we strongly recommend assigning a small child the honor of Overnight Guard Duty.

Harvesting: Your beets will be ready for harvesting between 40 (for baby beets) and 80 days (fully grown beets) after planting. Take the same care when digging out each beetroot that you would in helping to remove a young foal from the birth canal.

Storing: You can store your harvested beets in your refrigerator for up to 3 weeks. Beet greens can stay fresh and crisp up to a week in the refrigerator in a plastic bag.

¹ For the most accurate information about weather, we recommend the *Schrute Family Farmer's Almanac*, now in its 250th edition.



Growing Hydroponic Beets Indoors

If you're afraid to get your hands into some sweet manure-laced earth, you can always grow your beets indoors using tuber hydroponics. You'll need to germinate your seedlings in trays before carefully transferring them to a beet-friendly growing media, such as clay pebbles, that will keep the seeds stable and moist. Your babies will need a deep growing container, plenty of water and nutrients, and about 6 to 8 hours of simulated sun each day. They should take about 2 months to mature for harvest.

A BEET-WORTHY KITCHEN

Choosing the right beets will make or break your dish. If you ever come across a couple of beets, do whatever you want with them. Fry them, sauté them, whatever. We already know what to do with ours. But as much as we'd love for you to figure it out yourself, our editors recommended we let you in on our family secrets. So, here are our tips:

Selecting: Superior beets are vibrant in color and firm and round. There are many beet varieties out there (e.g., red, golden, Chioggia, you name it!), but for the sake of this cookbook, we will be using the classic red beet. When choosing your red beets, look for a deep red color. The skin should be unblemished. If the leaves are attached, they should be a bright green. Red beets have a rich,



earthy flavor but will gain a bit of sweetness the longer they are stored.

Cleaning: Twist or trim the stems and leaves of your beets to about ½ inch. The great thing about beets? They're not just for roasting. Repurpose the leaves and use them to make other delicious recipes like salads or Beet Green Chips (page 38). Lightly scrub the beets under cold water with a clean brush or rough sponge to remove dirt and debris. Don't worry too much about the dirt in the stems; you can remove them with a knife by cutting right below the dark area near the top of the root.



Superior varieties of beets include (from left to right) the ringed Chioggia, white Avalanche, sweet Golden, and virile Schrute.

Peeling: Leaving the skins on helps retain the flavor and the color of the beets. If you are baking or roasting, then it's best to leave the skin on. Peeling beets can be a messy job, so you'll want to cover your work area with plastic wrap and wear gloves if you

don't want stained hands. For raw beets, use a peeler like you would use on a potato. For cooked beets, rub the skin off with a paper towel or under running water with your hands.

Boiling: Bring a large pot of water to boil. Add about 1 tablespoon of salt to the pot. Clean the beets and trim the leaves. Place the beets in the water and cover the pot. Let simmer for 20 to 40 minutes depending on the size. (Small beets take about 20 minutes to boil, medium beets about 30 minutes, and large beets about 40 minutes.) Remove from the water and let cool.

Testing for Doneness: Before you peel your beets after they've finished boiling, you'll want to insert a knife into the center of the beet. If a fork can easily pierce it, then it is ready.





BREAKFAST

Beets for breakfast? Yes, loser. Schrutes have been consuming at least two medium beets per person before 4:30 a.m. for as long as there have been horses to milk. As a rule of thumb, a proper breakfast should pack enough protein, carbs, fat, and vitamins to power you through 5 acres of seed-sowing without doubling over from hunger pangs. The recipes in this chapter are geared toward getting your day off to a sprinting start.



ONE RAW BEET

The real potency of beets comes from their betanin, the pigment that gives beets their crimson color. Most people know that betanin is a powerful antimicrobial agent. What is less known is that betanin has been proven to alter the color of skin. When eaten in large enough doses (four or five beets daily), beet betanin will give your human cheek a soft crimson glow. This will give you a trustworthy face. Then people will tell you their secrets. And then you will have power over them.

Serves 1 🍴 Prep time: 1 minute

1 beet

Stroll to your beet field, remove a healthy beet from the ground, wash it, enjoy.





BEET BISCUITS WITH RABBIT GRAVY

Looking for a breakfast treat that is sure to remind you of carefree childhood days? Look no further than this comforting recipe for hot beet biscuits smothered in rich rabbit gravy—just the way *Großvater* used to make.

Serves 3 or 4 ⏱ Prep time: 10 minutes ⏱ Cook time: 20 to 25 minutes

BEET BISCUITS

- | | |
|--|--|
| 2 cups all-purpose flour | 2 medium beets, roasted, peeled, and puréed (see Whole Roasted Beets, page 53) |
| 1 tablespoon baking powder | 1 teaspoon sugar |
| 1 teaspoon salt | |
| 1 stick (4 ounces) unsalted butter, melted | |
| ½ cup buttermilk | |

1. Preheat the oven to 400°F.
2. In a medium bowl, thoroughly blend the flour, baking powder, and salt. Slowly mix in the melted butter.
3. In a separate medium bowl, use a spoon to mix together the buttermilk and puréed beets until creamy; add to the dry ingredients and combine well.
4. Remove the dough onto a floured surface and gently knead. Shape into about 8 to 10 balls, then pat the dough balls into flat rounds about 1 inch tall.
5. Refrigerate the dough balls until the rabbit gravy (below) is 10 minutes from completion. Then bake for 15 minutes, or until lightly browned; smother with the rabbit gravy and serve hot.



RABBIT GRAVY

1 rabbit, deboned	2 cups milk (can be nondairy) or rabbit broth
1 medium onion, chopped	6 ounces cream cheese
1 stick (4 ounces) unsalted butter	1 teaspoon salt
3 heads garlic, diced	1 teaspoon black pepper, to taste
1 tablespoon all-purpose flour	

1. Mince the rabbit meat, making sure to remove any bones.
2. In a large skillet, sauté the onion in half of the stick of butter over medium-high heat for 2 minutes, then add the diced garlic and cook for 1 more minute. Add the rabbit meat and the remaining butter.
3. Slowly stir in the flour and cook for 2 to 3 minutes over medium-high heat. Gradually add the milk or rabbit broth and cook, stirring, for about 3 minutes or until the sauce thickens.
4. Spoon in the block of cream cheese, salt, and pepper. Continue to cook, stirring occasionally, until the gravy reaches the desired consistency.



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ABOUT THE AUTHORS

Tyanni Niles is a writer, crafter, and former instrumentalist. T.Y.A.N.N.I. stands for Talented. Youthful. Awesome. Natural-born warrior. Nifty. Important. In a past life, she was a martial artist, made obvious to her because she strongly relates to a number of anime characters. Her previous sensei made her consume hundreds of beets at a time and binge on hundreds of *The Office* episodes as part of her training. Because of this, she now has the power of five Super Saiyans combined.

Sam Kaplan is a humorist, therapist, and former professional gardener. His ancestors were time travelers, brewers, vampire hunters, and lentil farmers. Sam has several special skills, including the ability to grow or shrink an inch throughout the day. He claims this is because he has consumed nearly 100,000 beets in his lifetime and given nearly twice that many high fives. According to recent analysis, he has the strength of a juvenile hippopotamus.

Keith Riegert has applied for the position of Assistant Regional Manager at Cumberland Mills and is still waiting to hear back. In his spare time, Keith is an acclaimed amateur taxidermist, having won second place in the distinguished Westmoreland County Biannual Pennsylvania Native Fauna Full Body Mount taxidermy competition. He lives alone.



Ask Yourself, “What Wouldn’t an Idiot Make for Dinner?”

The answer is exactly what you will find here. With this cookbook, you can make your next meal in true Schrute Farms-style with recipes that are equal parts rustic and merciless. Straight from Honesdale (the Keystone State’s culinary mecca), *Beet This* is packed with old, hearty Pennsylvania-inspired recipes that would earn Dwight’s *perfectenschlag* stamp of approval, including:

**Beet Biscuits with Rabbit
Gravy (a breakfast classic)**

**Spicy Fried Rattlesnake
with Pickled Beets**

Beet and Cabbage Salad

Moist Chocolate-Beet Cake

Russian Beet Soup

Home-Distilled Beet Vodka

Whole Roasted Beets

And so much more...

Sharpen your Santoku, load your spud gun, and prepare to be transported to a magical, beet-filled corner of Northeastern Pennsylvania. Or don’t. And die of hunger. Idiot.



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