

**The Cornish Larder was created to champion the amazing food & drink being produced in Cornwall.**

Shards of beetroot are cooked with a glug of Cornish Mead & dried fruits, resulting in a tangy flavour & sticky consistency. This relish is perfect with cold meats, pork pies and adds a refreshing touch to smoked fish.

  @thecornishlarder

[www.thecornishlarder.co.uk](http://www.thecornishlarder.co.uk)



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## BEETROOT RELISH WITH CORNISH MEAD

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Ingredients: Beetroot (40%), Onions, Apples, Red Wine Vinegar (sulphites), Brown Sugar, Dates (sulphites), Sultanas (sulphites), Cornish Mead (sulphites) (2%), Salt, Spices, Mustard Seeds.

Allergens advice: For allergens, see ingredients in bold.  
Produced in a kitchen that handles all allergens.

Store in a cool dry place, once opened keep refrigerated and consume within 21 days.

**Suitable for: Vegetarians, Gluten Free, Dairy Free**

Main	Per 100g serving
Energy	588kJ
Energy	140.54 kcal
Fat	0.2g
of which saturates	0.0g
Carbohydrates	29.0g
of which sugars	28.7g
Protein	1.7g
Salt	0.4g

227g e

Unit 9, Higher Trevibban Farm, PL27 7SH