

Heirloom Beet Salad with Garlic Goat Cheese + Savoury Walnut Granola

Serves 10

INGREDIENTS

2 lb red beets, boiled, peeled + large dice

1 lb candy cane beets, boiled, peeled and sliced thinly into rounds

1 lb yellow beets, boiled, peeled, diced

4 cups arugula with Olive oil, salt + pepper for seasoning

Pickled Yellow Beets:

1/2 cup apple cider vinegar

1 tbsp sugar

1 1/2 tsp kosher salt

1 cup water

Roasted Garlic Goat Cheese:

1 head of garlic

1 Tbsp olive oil

1 cup goat cheese

1 Tbsp heavy cream

Salt & pepper

Balsamic Glaze:

1/2 cup balsamic vinegar

1/2 cup honey

For the Tarragon Oil: Yield 1/2 cup

1 bunch fresh tarragon leaves

1 small garlic clove, crushed

1/2 cup vegetable oil

Walnut Granola:

1/2 cup old-fashioned rolled oats

1/2 cup walnuts, chopped

1/4 cup pumpkin seeds

1 Tbsp black sesame seeds

1/2 Tbsp fennel seeds

1/4 tsp ground chili pepper

1/8 tsp chili flakes

1/2 egg white (15gram)

2 Tbsp olive oil

2 Tbsp brown rice syrup

3/4 tsp sea salt

METHOD

For the Roasted Red Beets:

Preheat the oven to 400 degrees.

Toss diced beets with olive oil, and season with salt + pepper. Place on a sheet pan lined with parchment paper, and bake for 10 minutes.

For the Pickled Yellow Beets:

Place first 4 ingredients in a small pot over medium heat, and whisk until sugar and salt dissolve. Place beets in a bowl, and pour vinegar mixture over. Let sit at room temperature for minimum 1/2 hour.

For the Roasted Garlic Goat Cheese:

Preheat oven to 375°.

Remove any loose papery skins from the outside of the garlic heads; cut off the top 1/3 of the heads to open the cloves. Place the heads in tinfoil, cut sides up; pour olive oil over it, and sprinkle with salt and pepper.

Cover the garlic tightly and bake until 3/4 done, about 45 minutes; uncover and continue to bake another 15 minutes or until the cloves begin to pop out of their skins and brown.

In a mixing bowl, combine goat cheese with 1 tbsp heavy cream until very smooth. Once cool to touch, combine with goat cheese, and season to taste.

For the Balsamic Glaze:

Combine balsamic vinegar and honey in a small saucepan. Simmer mixture over medium heat until reduced by half, about 10 minutes. The glaze will thicken as it cools.

For the Tarragon Oil:

Blend the fresh tarragon with the oil and garlic, season and line a small strainer with several layers of cheesecloth, and strain oil into a glass jar or small bowl.

For the Walnut Granola:

Preheat the oven to 350°F and line a large baking tray with parchment paper.

In a large mixing bowl, mix together the rolled oats, walnuts, pumpkin seeds, sesame seeds, fennel seeds, chili pepper and chili flakes.

Add in the egg white, olive oil, and brown rice syrup. Stir well.

Pour the mixture onto the prepared baking tray and bake for about 20-30 minutes, stirring 2 or 3 times. Remove from the oven when the granola starts to be golden in color.

Store at room temperature in an airtight container for up to 3 weeks.