



Classic & Contemporary
Seafood Oasis

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October 2009 Autumn Beet Salad

Serves 4

Basic Vinaigrette

1 Tbsp. Freshly Squeezed Lemon Juice

1 Tsp. Red Wine Vinegar

1 Tsp. Dijon Mustard

Salt & Freshly Ground Pepper to taste

4 Tbsp. Extra Virgin Olive Oil

Salad Ingredients

¼ Cup Basic Vinaigrette

½ Cup Black Radish coarsely grated

3 Candy Cane Beets, medium sized or regular red beets salt roasted

¼ Cup Granny Smith Apples grated

Freshly Ground Black Pepper

1 Tsp. Flat Leaf Parsley chopped

6 oz. Watercress or Rocket Arugula, trimmed

2 Tbsp. Extra Virgin Olive Oil

Vinaigrette

1. Whisk together the lemon juice, vinegar and mustard. Season with salt & pepper.
2. Slowly drizzle in the olive oil while continuing to whisk. Taste and adjust seasonings.

Salt Roasted Beets

1. Wash beets, coat with olive oil and roll in coarse sea salt.
2. Wrap in foil and bake at 350° degrees for 30 minutes or until tender. Remove from oven and cool.

Salad

1. In a bowl mix the vinaigrette with the radish and let sit for one hour.
2. Peel and cut the beets into 1/3 inch slices. Arrange the slices in an overlapping circle on four plates. Season with salt and pepper.
3. Toss the radish and granny smith apple mixture with the parsley and season with salt and pepper.
4. Arrange the watercress or arugula on plate, drizzle with olive oil, season with salt & pepper. Top with the radish-apple mixture and serve.
5. Drizzle basic vinaigrette around plated beets.

Preparation Time: 1 Hour and 30 Minutes

RECOMMENDED WINE

2005 Swanson Merlot, Napa Valley, California

2005 Hirsch, Gaisberg Riesling Kamptal, Austria