

Golden Beet Salad with Cider Vinegar Dressing
Recipe from "The Sprouted Kitchen"
"Thanksgiving From the Sprouted Kitchen,"
Adapted by Tara Parker-Pope
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Yield: 4 to 6 Servings

Ingredients

5 golden beets
1 tablespoon extra-virgin olive oil
¾ cup apple cider vinegar
Sea salt
3 cups mâche or other tender greens
1 tablespoon walnut oil
Freshly ground pepper
½ cup toasted walnut pieces
½ cup ricotta salata or fresh goat cheese

Preparation

1. Preheat oven to 425 degrees.
2. Rinse the beets and cut off the greens, saving them for another use. Rub the beets with the olive oil, wrap in foil and place on a baking sheet (in case they leak). Bake until you can pierce through the middle of each beet with a knife, about 1 hour. Remove from the oven and let cool.
3. While the beets are cooking, gently bring the vinegar to a boil in a small saucepan over medium heat until it is reduced by a third. Remove from the heat and let cool.
4. When the beets are cool, use a paring knife to remove the skins, which should peel off easily. Cut each beet into thin slices using a sharp knife. Sprinkle them with salt and toss them in the reduced vinegar.
5. Toss the mâche with the walnut oil and a few grinds of pepper. Top the mâche with the beets, walnut pieces and cheese. Use a spoon to drizzle the remaining vinegar on top, as desired. Serve immediately.