



Warm Beetroot & Herb Salad

Season: Autumn/Winter

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: beetroot, herbs

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Beetroot is a star crop – we find many ways to use it in salads and other dishes. The young green leaves of beetroot make their way into a variety of salads, while the stems and roots are cooked and added to a variety of dishes. This recipe is a lovely part of a bistro salad platter.

Equipment:

chopping board
kitchen knife
metric measuring spoons
2 clean tea towels
large bowl
peeler
baking dish with lid (use aluminium foil if no lid to baking dish)
fork
small bowl
skewer
serving platters

Ingredients:

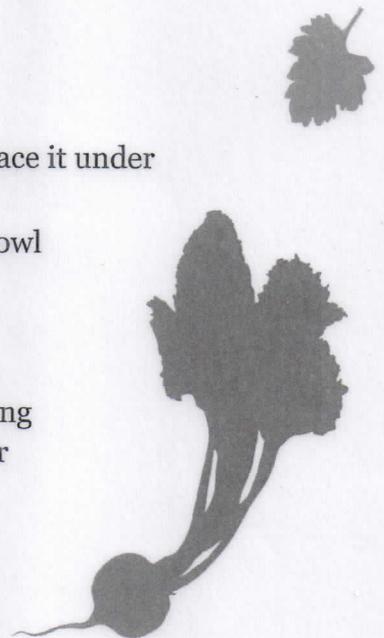
6 medium–large beetroot or 24 small beetroot (about the size of a golf ball)

For the dressing:

3 tablespoons extra virgin olive oil
2 teaspoons balsamic vinegar
1 teaspoon brown sugar
selection of garden-picked herbs
(e.g. mint, tarragon, parsley, chives)

What to do:

- Preheat the oven to 200°C.
- Wash the beetroot very well.
- Set out the chopping board and knives. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Cut off the leafy tops of the beetroot. Rinse the leafy tops in a large bowl of cold water and dry on a clean tea towel.
- Peel the beetroot, cut into 3 cm cubes and place in the baking dish.
- For the dressing, use the fork to whisk the oil, vinegar and sugar in a small bowl. Drizzle the dressing over the beetroot and shake the baking dish so that each beetroot piece is coated. Cover the dish and bake for 30 minutes until the beetroot cubes are nearly tender.





Warm Beetroot & Herb Salad continued

To assemble the salad:

- While the beetroot cubes are baking, inspect the leaves. Discard any that are ragged or yellow. Dry the good leaves and chop them roughly.
- Remove the baking dish from the oven and add the leaves to the beetroot. Stir or shake the dish to mix the leaves with the dressing, then return the dish to the oven for 10 more minutes.
- Meanwhile, rinse, dry and chop the herbs roughly.
- Check the beetroot – it's cooked when a thin skewer will slip through it easily.
- When cooked, arrange the beetroot cubes and leaves on a platter. Scatter the chopped herbs over top and drizzle any cooking juices over.

