

Roasted Beet Salad

Serves 6

8 whole beets, roasted, skinned, and diced
½ cup red wine vinegar
¼ cup olive oil
2 cloves garlic, minced
¼ teaspoon anise or fennel seed, crushed
½ teaspoon sea salt
¼ teaspoon pepper

1 pound beet greens or Swiss chard, stemmed and chopped
2 cloves garlic, minced
1 tablespoon lemon juice
2 tablespoons olive oil
salt and pepper, to taste

2 oranges, peeled and cut into wedges
2 scallions, thinly sliced

Preheat oven to 400 degrees. Scrub beets well and place into a casserole dish. Add about ½ cup water then cover dish tightly with foil. Roast for 30-40 minutes or until beets are tender when pierced with a knife. When beets are cool enough to handle remove skins under cold running water. Blot dry and dice into small cubes.

Whisk vinegar, olive oil, garlic, anise seed, salt and pepper together in a medium bowl. Add the beets and allow them to marinate.

While beets are roasting add 2 cups of water to a pot fitted with a steamer insert and bring to a boil. Add the greens and steam for about 10 minutes. Place cooked greens in a medium mixing bowl and add garlic, lemon juice, salt and pepper to taste. Toss well.

To assemble salad, lay greens on a platter and spoon the beet mixture over. Garnish with orange wedges and sliced scallions.

Chef C's cooking tips:

Another way to roast beets is to wrap each one first in parchment paper, then in foil. I find that sprinkling a bit of water into each packet before sealing it creates some steam which helps them cook faster. Set beets directly on the rack in a 400 degree oven and roast until tender.