

Roasted Beet and Arugula Salad

Tonight you'll turn to the fridge and harvest beets that were roasted earlier in the week. Get ready to savor the sweet and earthy tones of roasted beets, the slightly bitter flavor of the arugula, and a variety of other fresh crisp veggies. Some of my favorite flavors reside in this salad. You'll drizzle the whole salad with a slightly sweet orange juice dressing.

Fan sliced hard boiled eggs over the top and garnish with toasted pecan pieces and fresh mango. Now that's a flavor festival! A sprinkle of crumbled feta cheese completes the plate.

Preparation time: 30 minutes (after beets are roasted) - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls. Dinner salads are particularly easy to assemble when you're well organized. If you need to cook beets, cook them early in the day so they can cool.

Hard boiled Eggs

1 quart water
2 large eggs

Sweet Orange Juice Dressing

2 T. olive oil
1 T. Balsamic vinegar
1 tsp. honey
1/2 tsp. salt
1 tsp. prepared mustard
1/4 C. orange juice
1 whole clove garlic (peeled)

Beet/Arugula Salad

2 medium-sized roasted beets
3 C. fresh arugula leaves (washed and dried)
2 large washed leaves of red or green lettuce

1-1/2 C. cucumber (chopped)
2/3 C. red bell pepper (thin-sliced)
10 cherry tomatoes (halved)

Garnish and Finish:

10 pecan halves (toasted)
1 C. mango (chopped)
2 tsp. crumbled feta cheese
2 artisan rolls

Preheat oven to

375°

(if cooking beets)

Grownup Kitchen

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Toast the pecans as part of the prep.

If you didn't roast beets, put them in a 375° oven and bake for 1 hour. Submerge in cold water when they're tender.

Hard boiled Eggs/Rolls

Hard boiled Eggs: Bring 1 quart of water to a boil. Using a perforated spoon, submerge the eggs in the boiling water. Return to a boil, then reduce heat to medium-high, cover and cook for 11 minutes.

Run cold water over cooked eggs and let them stand in cold water until you're ready to peel them.

Peel under cold running water and slice before fanning over the top of the salad.

Rolls: Wrap rolls in foil and place in a 250 degree oven for 10 minutes.

Beet/Arugula Salad and Bread

1. Remove roasted beets from fridge or wait until freshly roasted beets are cool enough to handle. Put on some latex gloves and then peel and slice beets. Set aside.
2. Create a bed of arugula and washed lettuce pieces in shallow bowls or on dinner plates.
3. Divide vegetables evenly over top of the greens.
4. Arrange sliced beets over the top.
5. Finish salads with a fan of sliced egg.
6. Garnish with broken, toasted pecan pieces, mango and crumbled feta.

Sweet Orange Juice Dressing/Plate

Salad Dressing:

Blend all dressing ingredients in a food processor until smooth. Pour into a serving pitcher.

Plate the Meal:

Place assembled salads on table with the pitcher of dressing. Allow diners to dress their own salads. Serve with warm rolls or toast on the side.

What I've Learned from this Recipe

This egg cooking technique is suggested by chef and food scientist Kenji Lopez-Alt in *Better Home Cooking Through Science*. The success comes when you bring the water to a boil before adding the eggs. (When you heat the water and eggs together, the proteins in the egg white fuse to the inner shell).

Let us know what you think, and ask any questions you may have! chezdon@plate6.com