



## 2012 OVOC Beet Recipes 8 through 13

### 8. Francois' Salad of Roasted Beets with Hard-Boiled Eggs... "A marriage made in heaven"

*I qualify this dish as a "marriage made in heaven" because I think that boiled eggs and roasted beets are the perfect complement to each other with the slight crunchiness and sweetness of the beets playing off the softness and chalkiness of the boiled yolks. The garlic/mustard vinaigrette plays an essential role as a sharp counterpoint to the qualities of the two other ingredients. Call me a French snob if you wish, but the best and only way to reveal the grandeur of the beet root is to roast it—period—unless you are making a borscht of course... Francois.*

#### Ingredients

- 4–6 medium sized beet roots
- 2–4 boiled eggs, semi-soft or hard-boiled, depending on preference
- Mustard vinaigrette dressing (recipe follows)
- Optional garnishes: Chopped parsley or chives, walnut or pecan halves, anchovies

#### Directions

Roast the beets in the oven after washing them but without peeling or cutting the crown of the leaf stems or the end of the root off, or they will bleed and lose moisture when roasting. No oil is needed, but you can line your roasting dish with aluminum foil to prevent potential juice baking onto the dish. The oven temperature can be set anywhere between 350° F and 450° F. Baking time will depend on the size of the beets and the temperature. The beets are ready when the skin wrinkles and the larger ones are easily punctured through with a fork. After the beets cool, the peel can be pulled very easily.

Slice the beets 1/4-inch thick, arrange on a platter, and garnish with halves of semi-soft boiled eggs, or wedges of hard-boiled eggs, depending on preference. Drizzle with a homemade mustard vinaigrette (see recipe).

Other garnishes can be added to this simple dish, such as walnut or pecan halves, anchovies, as well as a sprinkle of chopped chives or parsley. Enjoy with a slice of crusty, artisan bread and a glass of chilled white or French dry rosé wine.

### Mustard Vinaigrette, "A True French Dressing!"

You will need:

A medium-sized bowl, a fork or a small whisk, a damp kitchen towel, a garlic press, and a screw-top pint glass jar.

#### Ingredients

- 3–4 fresh garlic cloves
- 1–2 heaping Tbsp. Dijon mustard
- Freshly ground pepper, 2 large pinches
- Sea salt (fleur de sel—sea salt), 1 large pinch
- Balsamic vinegar
- Extra virgin olive oil (good quality, first cold press extra virgin)

#### Directions

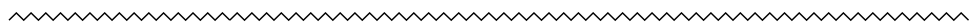
Roll the damp towel lengthwise and make a loop with it that you lay on the counter. This is an old French

trick which will allow you to whip the dressing with one hand while pouring the oil in a drizzle with the other and not having the mixing bowl dancing all over the counter. So, let the mixing bowl rest at an angle on its towel nest, then process in this order: crush some fresh garlic, add the mustard, add the salt and pepper. Now add the balsamic vinegar while tossing the ingredients until the mix turns soupy. Finally, add the oil slowly in a continuous thin stream while beating the dressing....Be patient—eventually, the mixture will start to thicken and emulsify. At this point, test your dressing; it should be very sharp but not overpowering...keep adding oil as needed. Once you've made this vinaigrette a few times, you'll know exactly what you're looking for in taste, adjusting the amount of each ingredient.

I usually make enough to fill a pint jar that will keep for few weeks in the refrigerator and that I use with all kind of salads. (Editor's note: May we suggest a salad of fresh, baby beet greens?)

*Now, a few extra tips*

- 1. Especially on hot summer days, it is much easier to get a good emulsion that won't break down if some of the ingredients are cold (the mustard, specifically). If the emulsion breaks apart either when you're making it (using too much oil), or after being refrigerated for a while, here is another old French trick to re-emulsify it: add room temperature water a teaspoon at a time to the vinaigrette and beat it again.*
- 2. If you have a food processor, you can, of course, bypass the above technique to make the dressing and only mention the old French trick for the bowl to friends and family, showing the extent of your knowledge in classic kitchen lore.*
- 3. Make the dressing your own: skip the garlic altogether if you wish, replace the mustard with sour cream, use cider or red wine vinegar instead of balsamic, add a dash of walnut oil or smoked sesame oil for flavor, add any kind of fresh herb, or dry spice, or even a teaspoon of honey if you prefer it not so sharp...the sky is your limit, make the world your oyster as they say; I won't take it personally... Francois*



## **9. Easy Lithuanian-Style Beet and Potato Salad with Smoked Herring,** from Jahn Hibbs, Duluth community gardener

The ingredients for this salad can be prepared ahead, then tossed together before serving (though it tastes better if allowed to rest at least an hour before serving.) It makes a satisfying winter salad or side dish, or even a satisfying lunch served with lettuce and crispy buttered toast.

### Ingredients

- 2–3 medium sized beets, (about 1½ c.) cooked, cooled, and cubed
- 3 medium-sized boiled potatoes, cooled and cubed
- 2 ribs celery, finely chopped
- 3 hard boiled eggs, whites and yolks separated
- 1 medium-sized tart apple, cored and chopped
- 1 small red onion or 2–3 spring onions, finely chopped
- 2–3 Tbsp. dill weed (fresh or frozen) chopped
- Salt and black pepper, to taste
- 1 medium-sized smoked herring (optional)

### Dressing

- Reserved yolks from the hard boiled eggs
- Juice of 1 lemon (or you could use a mild vinegar)
- 2–3 Tbsp. canola oil
- A pinch of sugar or honey

### Directions

To make dressing, cream the egg yolks and lemon juice together with a fork or wire whisk. Drizzle in the oil a little at a time, whisking until smooth and creamy. Season to taste with a little honey or sugar to balance the flavors, if desired.

To assemble the salad, if using the fish, peel the skin off the herring and carefully remove the meat in a way that leaves the bones behind. Flake the meat, removing any bones you may have missed. Toss the flaked fish with the cooked and cooled potatoes, beets, apple, onion, and chopped egg whites together in

a bowl with the dressing. Add chopped dill weed, and season with salt and pepper to taste.

For a prettier salad, you can toss some of the ingredients (such as the potato, apples, and onions together) and artfully arrange the red beets, white eggs, and flaked fish on top. Garnish with fresh dill weed and lemon, if desired. Serves 4–6.

**Alternative:** This is also good if you omit the potatoes, finely chop the other ingredients, and add cucumber. Makes a good topping on crackers, toast, or blini (thin, buckwheat pancakes) or filling for a tortilla wrap sandwich with sprouts or fresh spinach.



**10. Roasted Baby Beet Salad**, adapted from "The Swedish Kitchen" by Helene Henderson

Ingredients

- 3 c. baby beets, any variety, or a mix
- 1 Tbsp. olive oil
- 1 Tbsp. red onion, minced
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. chives, minced
- Salt and pepper to taste

Directions

Preheat the oven to 400° F. Toss beets with olive oil. (If desired, you can omit the oil and either wrap the beets individually in foil as you would a baked potato, or line your baking dish with foil to prevent juices from baking on. Bake until beets are tender, about one hour depending on their size. Allow the beets to cool, then peel and thinly slice them. In a small bowl, combine the beets, onions, vinegar, oil and chives. Season with salt and pepper to taste.

Allow the flavors to marinate for at least one hour before serving on a bed of fresh baby beet greens. Top with feta or goat cheese and a few chopped walnuts or pistachios, if desired. Serves 4.



**11. Borscht (Russian Beet Soup)**, from **COOKS.COM**

- 2 c. beef stock
- 2 c. finely diced beets
- 4 med. carrots, diced
- 1 lg. onion, finely chopped
- 2 Tbsp. butter
- 1 c. shredded cabbage
- 1 tsp. lemon juice
- 1/2 c. thick sour cream

Cook beets, carrots and onion in 2 cups boiling salted water. Add butter, beef stock and cabbage. Cook 15 minutes. Add lemon juice and stir until combined. Serve in soup bowls, topped with a spoonful of sour cream. Serves 4–6.

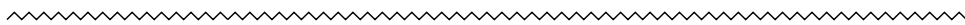
**12. Karelian Borscht (*Borschkeitto*)** from *The Finnish Cookbook* by Beatrice Ojakangas

This well-flavored beet-and-cabbage soup is well known in Russian cuisine; however, it is so much a favorite of Karelians (Eastern Finns), and such a fine soup, I am including it here [in her cookbook].

4 medium beets, peeled and grated  
2 tablespoons butter  
1 teaspoon salt  
4 tablespoons flour  
2 tablespoons vinegar  
1 small head red cabbage, shredded  
1 bay leaf  
1 clove garlic  
2 carrots, peeled and cut up  
1 tablespoon sugar  
8 cups meat broth  
1/2 pound spicy sausages (choritzo, Polish sausage, or frankfurters)  
sour cream  
lemon slices

Brown the beets in the butter over medium to high heat until limp. Add the salt, flour, and vinegar and mix until blended. Put into a large pot with the cabbage, bay leaf, garlic, carrots, sugar, and meat broth, and simmer at least 2 hours, adding water as needed if too much stock cooks away.

Before serving, slice the sausages and add; serve when heated through. Serve in a soup tureen; pass a bowl of sour cream and a plate of sliced lemons. Serves about 6.



**13. Beet-Herring Salad (*Rosolli* or *Punajuurisalaatti*)** from *The Finnish Cookbook* by Beatrice Ojakangas

This salad has two Finnish names. *Rosolli* is the version that usually has the herring and *punajuurisalaatti* is the one without the herring. This salad is good even without the fish!

2 medium potatoes, cooked, peeled, and diced  
2 tart apples, peeled and diced  
2 carrots, peeled, cooked, and diced  
1 small onion, minced  
2 medium dill pickles, diced  
3/4 cup diced pickled or salted herring, or minced sardines, or anchovies (optional)  
1/8 teaspoon white pepper  
2 cups cooked beets, peeled and diced  
1 recipe Whipped Cream Dressing or Sour Cream Dressing

Combine the potatoes, apples, carrots, onion, pickles, herring, and pepper. Just before serving, carefully add the beets. (If the beets are added too long before serving, the salad will be a deep pink, whereas it should be tinted only mildly pink.) Turn into a salad bowl lined with crisp lettuce and serve chilled with either the Whipped Cream Dressing or Sour Cream Dressing. Serves 8 to 10.

**Whipped Cream Dressing for Salads (Punajuurikermakastike)** from *The Finnish Cookbook* by Beatrice Ojakangas

This is one of the choices of dressings for Beet-Herring Salad. It is fluffy, and lightly pink in color.

1 cup heavy cream, whipped  
2 tablespoons lemon juice  
2 teaspoons beet juice  
dash salt  
dash sugar

Combine the whipped cream with the lemon juice, beet juice, and the salt and sugar. Blend thoroughly. Turn into a small serving bowl or arrange in a mound on top of beet salad or a red cabbage slaw. Makes 2 cups

**Sour Cream Dressing for Salad (Hapankermakastike)** from *The Finnish Cookbook* by Beatrice Ojakangas

1 cup sour cream  
1 tablespoon lemon juice  
2 teaspoons beet juice  
1/4 teaspoon salt  
dash sugar

Combine the sour cream with the lemon juice, beet juice, salt, and sugar until well blended. Serve in a bowl or arrange on top of the salad. Makes 1 cup.