

## Roasted Beet Salad

Makes: 4 as a first course

### Ingredients -

1 bunch of beets (1· pounds with greens or · pound without), trimmed  
2 tablespoons herbs de Provence  
· cup sliced almonds  
3 tablespoons olive oil  
1 tablespoon red onion, finely chopped  
1 garlic clove, minced  
2 tablespoons of fresh lemon juice  
1· tablespoons red wine vinegar  
· teaspoon sugar  
Mixed greens or baby arugula



### Roast Beets Instructions -

Preheat oven to 400 degrees and put rack in the middle of the oven.

In two foil packets, place washed beets (skins on) and rub with olive oil. Sprinkle with pepper and herbs de Provence. Wrap beets tightly in foil. Roast on a baking sheet until tender, 1· to 1· hours. Cool in foil packages (the steam makes the beets easier to peel), about 30 minutes.

NOTE: Roasting beets brings out a concentrated earthy sweetness and creates a silky texture. Remember that beets will turn everything they touch red.

### Toast Almonds Instructions

Cook sliced almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Watch closely and don't burn oil or nuts. If you burn the nuts (which I have on many occasions), toss them and start over. Cool almonds in oil. Almonds may darken when they cool. With a slotted spoon, transfer almonds to a small bowl, and season with salt.

### Dressing Instructions

Stir together red onion, garlic, lemon juice, red wine vinegar, sugar, · teaspoon salt, and reserved oil from almonds in a large bowl.

### Prepare Salad Instructions

Slip skins from beets and slice beets into · inch slices. Place mixed greens on plate, lightly salt and pepper. Top greens with beets and spoon dressing over beets and salad. Sprinkle the almonds on top.

NOTE: A variation on this salad - Quarter and core 1 large Asian pear. Cut crosswise into matchsticks. Arrange beets on a platter and drizzle with the dressing, top with mixed greens and pear, then sprinkle with almonds.

### Wine Pairing Suggestion -

Beets, like asparagus are tough to pair with wine. The red wine vinegar also makes it tough to pair this first course with the perfect wine. A crisp, dry Riesling would be a good pairing particularly with the variation with the Asian pears.

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