

Roasted Golden Beet Salad with Baby Watercress, Endives, Goat Cheese and Walnuts

serves 4

For the roasted beets

6 small golden beets – peeled, quartered and cut in 1/2" slices
3 tablespoons olive oil
2 tablespoons sherry vinegar
1/4 teaspoon sea salt or to taste
fresh ground black pepper to taste

For the roasted nuts

1/3 cup walnuts pieces
1 teaspoon walnut oil (or olive oil)
pinch sea salt
freshly ground black pepper to taste

For the dressing

1/2 small shallot – skinned and finely chopped
1 tablespoon sherry vinegar
3 1/2 tablespoons extra virgin olive oil
1/8 teaspoon sea salt
freshly ground black pepper to taste

For the salad

1 bunch organic, hydroponic watercress – rinsed and spun dry
4 oz fresh goat cheese
fresh chives as garnish

Step 1: Preheat oven to 475°F. Place the beets in a medium roasting pan. Drizzle with olive oil, vinegar, salt and pepper. Toss well and cover with foil. Bake for 25 minutes. Remove from oven, toss the beets and return to the oven uncovered for an additional 10 minutes until the beets are well roasted. Remove from oven and transfer to a bowl and set aside to cool to room temperature.

Step 2: In a small bowl, place the walnuts, walnut oil, salt and freshly ground black pepper to taste. Toss well. Heat a small heavy-bottomed skillet to medium-high heat. Add the walnut mixture, toss well and sauté for 3 to 4 minutes, stirring constantly, until the nuts are golden. Transfer to a small bowl and set aside.

Step 3: In a small bowl, whisk the shallots, vinegar, oil, salt and pepper to taste until well blended. Set aside.

Step 4: Arrange the a small mound of watercress in the center of each plate. Top with a few slices of roasted beets. Sprinkle with the crumbled goat cheese. Drizzle with a spoonful of the vinaigrette. Top with a few walnuts. Garnish with freshly ground pepper to taste and 3 chive tips. Serve immediately.