



BEETS AND BLEU SALAD

AUTHOR: Kelley Schmidt, Senior Sous Chef
 SEASON: Spring/Summer 2020
 TYPE: Salad/Appetizer

SERVING: 4-5 portions
 ALLERGIES: Dairy, Nuts
 CHINAWARE: Coupe Plate or Bowl

“I have adapted a light and elegant restaurant salad to be served family style along with your summer backyard grilling. Many of these steps can be done ahead of time, like roasting the beets the day before. Use this pickle recipe throughout the summer for your excess of fresh garden vegetables to enjoy for weeks and months ahead. The balance of this salad is highlighted by the richness of local blue cheese, tart pickled beets, earthy roasted beets, and light & fresh citrus. Here’s to an upcoming summer full of health, happiness and many meal memories.”

- Chef Kelley Schmidt

ITEMS

Roasted Beets	2 lb
Pickled Beets	2 lb
Jasper Hill Farm Bayley Hazen Blue or other aged cheese	500g
Grapefruits, zested, peeled and segmented	2
Oranges or any other seasonal citrus	3-5
Kale	1 bunch
Roasted Nuts, any variety, crushed	50g
Extra Virgin Olive Oil	
Lemon, zested and juiced	1

FOR THE PICKLED BEETS

Golden or Red Beets, (keep red separate from other colors)	2 qt
Coriander Seeds	1 Tbsp
Fennel Seeds	2 Tbsp
Mustard Seeds	1 Tsp
Garlic Cloves, thickly sliced	6-10
Vinegar, any variety or combination	2 cups
Water	2 cups
Kosher Salt	2 Tbsp
Sugar	4-6 Tbsp

FOR THE ROASTED BEETS

Golden or Red Beets, (keep red separate from other colors)	5 lb
Olive Oil	4 Tbsp
Kosher Salt	2 Tbsp

FOR THE PICKLED BEETS:

1. Thoroughly wash the beets, using a pair of gloves to prevent staining, peel and cut the beets into an evenly sized shapes and sizes. I like using a melon baller.
2. Add the beets to a jar or any sealable container along with the spices.
3. Combine the vinegar, water, salt and sugar into a sauce pot and bring to a boil.
4. Carefully pour the hot liquid over the beets to completely cover. Allow to sit out and cool at room temperature to help lightly cook the beets.
5. Seal and store for up to 3 months.

FOR THE ROASTED BEETS:

1. Preheat oven to 375F degrees. Thoroughly wash the beets, and place in an oven safe pan, and add water to cover the bottom and coating the beets with olive oil.
2. Season the beets very generously with Kosher Salt and pepper, and add any aromatics you like such as orange rind, thyme, bay leaf, etc.
3. Cover tightly with foil and place in preheated oven and check after 45 minutes, depending on size, they may take up to 90 minutes. They are ready when they are fork tender, and the skin peels off easily.
4. Allow beets to cool until you are able to handle them, while still peeling them when still warm.
5. Allow to cool completely in the refrigerator and cut to desired shape for use in many dishes.

FOR THE SALAD:

1. Wash and cut kale into small peices. Place in large mixing Bowl.
2. Zest Grapefruit and Lemon into olive oil, segment orange & grapefruit and set aside, juice lemon into olive oil and mix.
3. Toss the Kale with the olive oil and citrus mixture and season with salt and pepper, massaging the kale very well.
4. Place the dressed Kale into its serving bowl and top the salad with roasted beets, pickled beets, citrus segments, blue cheese, and roasted nuts. Serve within 1.5 hours.