

RECIPE for health

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In partnership with Health4U and Culinary Services

Featured Food:

BEETS



By Peggy Crum, RD, Health4U Nutritionist

Beets are a two-for-one special: buy the root and get the greens — or vice versa.

The Greens: Use a sharp knife to remove greens from the root, leaving an inch of stem. Greens should be used within a day or two. Wash them in cold water, strip the greens from the beet stem and steam for five minutes. A simple dressing of vinegar, oil, salt and pepper is all you need to enjoy them.

The Roots: Not all beet roots are “beet-red.” Some are golden and some striped (Chioggias). Choose beet roots that are less than three inches in diameter. Leave the root tail, skin and an inch of the stem intact. Beets will keep, loosely wrapped, in the refrigerator for a week or two.

To serve beets raw, peel and shred them. Before cooking beets, scrub them, being careful not to damage the skin or they will drip their juices as they cook. Proceed with one of these methods:

Roast: On a rimmed tray with oven temperature at 400°F, roast large beets for an hour or more, smaller ones 30 to 40 minutes.

Steam: Put scrubbed beets in a steamer basket over boiling water, cover and cook for 20 to 40 minutes depending on the size.

Beets must be cooked until they are completely tender. A thin knife blade should slide easily into the beet. Let cooked beets cool, then wrap in a paper towel and rub off the skin, or peel with a paring knife. (If your beets are red ones, protect your hands and any porous material, as beets are notorious for staining.) Brighten the earthy sweetness of cooked beets by adding a tangy drizzle of lemon juice or vinaigrette.

Beets have been around for thousands of years. Does the beet go on in your kitchen?

This recipe will be served at Brody, Wonders, Holden, Hubbard, Holmes and The Gallery dining services on October 22. Visit www.eatstate.com for hours and menus.

Roasted Beet and Maytag Bleu Cheese Salad

Recipe tested by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services. Serves 6

- 2 pounds or 1 bunch of golden beets
- 2 pounds or 1 bunch of red beets
- 4 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper
- 2 heads of frisee – washed, dried and chopped
- 2 heads of Belgian endive – washed, dried and chopped
- ½ cup julienne red onions
- 3 ounces Maytag bleu cheese
- 6 tablespoons almonds, toasted
- 1 ½ cup sherry vinegar dressing (see recipe below)

Place bleu cheese in the freezer for use when assembling the salad.

Preheat the oven to 350 degrees. Place each of the different type of beets into their own tin foil roasting pan, drizzle with the olive oil and season with salt and pepper. Cover with foil and bake for 30 to 40 minutes or until the beets are tender. Remove beets from the oven. When they are cool enough to handle, peel the beets and slice into ¼”-thick round disks and reserve separately for the salad. Arrange beets on a salad plate, alternating colors with five to six beet slices per plate, leaving a hole in the center for the greens.

Place greens and onions in a large bowl and toss with the dressing. Place the tossed greens on each plate in the center of the beets. Remove the cheese from the freezer; use a grater or a micro plane to shred a 1/2 ounce of cheese on top of each salad. Place toasted almonds on the salad as a garnish.

Sherry Vinegar Dressing

- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- 1 teaspoon white pepper
- 3 Tablespoons sherry vinegar
- 3 Tablespoons red wine vinegar
- ½ cup extra virgin olive oil
- ½ cup canola oil

Mix mustard, salt, pepper and vinegars together. Slowly drizzle in the olive oil, then the canola oil. Refrigerate for at least one hour.