

Roasted Beet with Shaved Fennel, Walnut and Herbs

Prep time:

15 minutes

Cooking time:

45 minutes

Yields:

4 to 6 servings

Ingredients:

- Kosher salt and freshly ground black pepper
- 1/4 cup olive oil
- 1 1/2 pounds (about 4) medium red beets, tops removed and washed well
- Olive oil
- 1 tablespoon orange zest
- 2 tablespoons orange juice
- 1 tablespoon apple cider vinegar
- ½ teaspoon dijon mustard
- 1 large fennel bulb or 2 small, trimmed and shaved on a mandoline
- ½ cup walnuts, chopped and toasted
- 3 tablespoons fresh chopped herbs, (parsley, chives, mint, chervil, etc.)
- Salt and Pepper to taste

Directions:

1. Preheat the oven to 400°F. Place the beets in an 8-inch square baking dish and add just enough water to cover the bottom of the dish (about 1/3 cup). Drizzle the beets with olive oil and sprinkle with salt and pepper. Cover the dish tightly with aluminum foil. Bake until a knife can be easily inserted into the center of the beets, about 45 minutes.

2. To make the vinaigrette, in a bowl, whisk together the zest, juice, vinegar, mustard, and a pinch each of salt and pepper. Slowly whisk in the olive oil in a slow and steady stream; Separate into two bowls.

3. In the first bowl mix in the shaved fennel, walnuts and herbs and set aside.

4. When the beets are ready, carefully remove the foil and let them sit until cool enough to handle. Peel and cut them into thin slices. Add beets to the second bowl of vinaigrette and lightly toss. Arrange them on a serving platter or individual plates. Top with fennel mixture and serve.