

# RED & GOLD BEETS

Mpls  
St Paul

## INGREDIENTS

### VINAIGRETTE

1 T fennel seeds  
1/2 C rice wine vinegar  
2 T lemon juice  
2 T mustard seed  
2 T garlic, minced  
1/2 t kosher salt  
1/2 t cracked black pepper  
1 T honey  
1/2 C olive oil  
1 C canola oil

### PRESENTATION

3 C whole beets (with skins)  
1/4 C fennel mustard vinaigrette  
1/2 C blueberries  
1/2 C fresh Ciliegine mozzarella  
1/2 C mixed microgreens

Preheat oven to 375 degrees. Rub the outsides of the whole beets with just enough olive oil to coat their skins. Set the beets on a piece of aluminum foil that is large enough to fold over the top. Then fold the foil over, and crimp the sides, sealing the beets inside the pouch. Set the pouch on a sheet pan, and place it in the oven. The cooking time will vary considerably, but start checking for tenderness at 20-30 minutes. Remove the beets from oven when easily pierced with a small knife. When cool enough to handle but still warm, use your hands to rub the skins off gently—they should slip off easily.

Allow them to cool completely in the refrigerator. If they vary in size, cut the smaller beets in half and the larger ones in quarters so that all the pieces are roughly the same size.

### *For the vinaigrette:*

In a small sauté pan over low heat, toast the fennel seeds lightly. Remove the pan from the heat, allow the seeds to cool, and pulse them a few times in a spice grinder. In a blender, combine the ground fennel seeds with the rice wine vinegar, lemon juice, mustard seed, garlic, salt, pepper, and honey, and puree them. With the blender running on low speed, pour the olive and canola oils in slowly, continuing to blend the mixture until the oils have emulsified. Store the vinaigrette in a covered container in the refrigerator.

### ASSEMBLY

In a mixing bowl, toss the beets with the fennel mustard vinaigrette until the beets are coated evenly. Add the blueberries and fresh Ciliegine mozzarella, and toss the ingredients again to coat them.

Spoon the mixture gently onto four small plates or into shallow bowls. Garnish it with microgreens and fresh cracked pepper.

SERVES

4

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