

Carrboro Farmers' Market

Locally Grown ☞ Nationally Known

April 24, 2004

Recipe of the Week ☞ featuring Beets

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

Roasted Beet Salad with Pistachios

3 bunches beets (about 2 pounds)
1/4 cup raspberry vinegar
1/3 cup fruity extra-virgin olive oil
2 tablespoons pistachio oil
1 large shallot, minced
Salt and pepper
1/2 cup chopped pistachios
Optional: 4 ounces soft goat cheese

Preheat the oven to 425°. Cut all but 2-inches of the greens from the beets. Scrub the beets well and place them on large double-layer piece of aluminum foil. Close the foil tightly. Roast the beets in the middle of the oven until tender, about 1 hour. When the beets are cool enough to handle, use paper towels to rub off the skins. Cut the beets into 1/4-inch thick slices.

Whisk together the vinegar, oils and shallot. Season the vinaigrette with salt and pepper. Gently coat the beets with vinaigrette. Arrange the beets on serving plates and scatter the nuts over the top. If using, crumble the goat cheese over it all. Makes 6-8 servings.

Notes:

1. You can substitute white wine vinegar for the raspberry vinegar.
2. You can substitute walnut oil for the pistachio oil, or use all olive oil.
3. You can substitute walnuts for the pistachios, but the color isn't as pretty.
4. If you are roasting both red and yellow beets, roast them separately to keep the colors separate.
5. You can also use a cow's milk cheese rather than goat cheese.

(over)

Chapel Hill Carrboro Farmers' Markets

Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 19

Carrboro Farmers' Market ☞ Wednesdays ☞ April 14 – October 20

Southern Village Farmers' Market ☞ Thursdays ☞ May 6 – Late September

Don't be afraid to experiment!
Create your own recipe using this helpful list ~

From **Culinary Artistry** by **Andrew Dornenburg & Karen Page**

Beets are complemented by

allspice	eggs, hard cooked	salt pork
anchovies	fennel	shallots
apples	ginger	smoked fish,
bacon	horseradish	especially trout or
bechamel sauce	lemon	whitefish
brown sugar	mache	sour cream
butter	mustard	tarragon
cheese	nutmeg	vinaigrette
chives	onions	vinegar, especially
cloves	oranges	balsamic, sherry and
cream	paprika	white wine
crème fraiche	parsley	walnuts
cucumber	potatoes	walnut oil
curry	prosciutto	watercress
dill	salt	

New !

Southern Village Farmers' Market

Thursdays

3:30 – 6:30 pm

on the Green at Southern Village

650 Market Street, Chapel Hill

Opening Day ~ May 6th

www.carrborofarmersmarket.com