

# Carrboro Farmers' Market

Locally Grown  Nationally Known

November 20, 2004

Recipe of the Week featuring Beets

from Sheri Castle of Creative Cooking with Sheri Castle

## Apple, Pear, Roasted Beet & Pistachio Salad with Pear Vinaigrette

This is a fabulous, crunchy and colorful composed salad. It makes a welcome fresh and crisp side to pair with all those rich and creamy traditional Thanksgiving dishes. Although yellow beets look best, you can certainly use red beets. Roasting beets brings out their sweet and slightly earthy flavor, without diluting their color or nutrition.

4 small yellow beets  
2 sweet-tart crisp apples, such as Honeycrisp  
2 ripe but firm pears, such as Comice  
Juice of 1/2 fresh lemon  
2 cups arugula, mesclun, or beet micro greens  
4 ounces blue cheese, crumbled  
1/2 cup dried cranberries  
1/2 cup chopped pistachio pieces  
Pear Vinaigrette (see recipe below)

1. Trim all but one inch of greens from the beets. Scrub and dry the beets. Wrap them in a foil pouch and place in the oven to roast until tender when pierced with the tip of a knife, about 45 minutes. Remove from the oven and open the foil. When cool enough to handle, trim off the peelings. Cut the beets into 1/4-inch dice, place in a bowl and set aside.
2. Unless the peelings are thick or blemished, don't peel, only core the apples and pears and slice them thinly. Place in a bowl and toss gently with the lemon juice to prevent browning.
3. Arrange the greens on a serving platter.
4. Arrange the apples and pears over the greens.
5. Scatter the beets, cheese, cranberries and pistachios over the fruit.
6. Drizzle the salad with vinaigrette and serve immediately.

Makes 6 to 8 servings.

### Pear Vinaigrette

3 tablespoons *Cuisine Perel* or *Alessi* pear vinegar or white-wine vinegar  
1 small shallot, peeled and minced  
1/2 teaspoon salt  
1 teaspoon coarse Dijon mustard  
6 tablespoons grapeseed oil

Pour the vinegar, shallot and salt in a small jar and let sit for 5 minutes. Add the mustard and oil and shake vigorously to combine.

(over)

## Chapel Hill~Carrboro Farmers' Markets

**Carrboro Farmers' Market  Saturdays  March 20 – December 18**

**Carrboro Farmers' Market  Wednesdays  Opening April 13, 2005**

**Southern Village Farmers' Market  Thursdays  Opening April 14, 2005**

**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
béchamel 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	

**Market First!**  
**(Grocery Store Second)**  
**Carrboro Farmers' Market**  
**Thanksgiving Market**  
**Tuesday, November 23rd**  
**2:00 – 6:00 pm**

**[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)**