

COPIA

BEET SALAD

BY ANITA SAHI

Recently, Sarah, our hospitality manager ventured out to Templeton, where our prized local farmer's market takes place every week. There was something so comforting about knowing that, while we are all sheltering in place during the corona virus outbreak, that we still have access to fresh and healthy produce. What's more is that we can support our local farmers during this time when industry has all but halted. Sarah picked us up some delicious red and golden beets. I went to work immediately on a refreshing, crunchy salad that would end up being an accompaniment to a roasted sockeye salmon. The beauty of this recipe is that you do very little to the ingredients. The beets are shredded raw and lightly dressed. In fact, to do very little to the ingredients is the key to maintaining the lively freshness and earthiness of this most sweet of all root vegetables. Serve it as a side or eat the whole bowl yourself. It's delicious either way!



MAKES 4 SERVINGS

INGREDIENTS

- 3 cups Red and/or Golden Beets (Julienned or Shredded)
- 1 Shallot (Sliced) or ½ Red Onion (Finely Minced)
- ½ cup Walnuts (Dry Roasted and Chopped)
- Zest of 1 Orange
- 2 tsp Grainy or Smooth Dijon Mustard
- 1 T Extra Virgin Olive Oil
- 2 T Sherry or White Balsamic Vinegar
- 1 T Orange Juice (Freshly Squeezed)
- 2-3 oz Crumbled Goat Cheese
- To Taste Sea Salt and Freshly Ground Black Pepper
- To Taste Dill or Parsley (Minced)

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PREPARATION

1. Trim the beets and reserve cleaned beet greens for another dish.
2. Peel the beets and cut along with shallots on the julienne blade of a mandoline or grate them using a handheld box or handle grater. You can also use finely minced red onion in place of the shallots.
3. In a small dry sauté pan, dry roast the walnuts over medium heat for a couple of minutes, taking care to move the pan around to toss. Toast until fragrant and set aside to cool. Chop after a few minutes.
4. Place the beets, onions, walnuts and orange zest in a mixing bowl. Add oil, vinegar, orange juice, mustard, salt and pepper. Toss to combine.
5. Plate your salad in a large bowl (or individual bowls) and top with crumbled goat cheese and dill, parsley or herbs of your choice. Serve and enjoy!

FEATURED WINES



2018 WHITE

50% Viognier | 50% Grenache Blanc
Paso Robles AVA

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2017 THE STORY

83% Grenache | 17% Syrah
Paso Robles Willow Creek District

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