



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Roasted Beet and Sticky Clementine Salad

Serves 4

Preheat oven 400°F

3 medium beets, leaves trimmed and root scrubbed
2 clementines, unpeeled and each cut into 8 pieces
Extra virgin olive oil
1 granny smith apple
Lemon
Water
¼ cup shelled pistachios
2 ounces feta, crumbled
4 handfuls of miniature greens, washed and spun dry
Sea salt and freshly ground pepper

THE STEPS:

- Line a medium size cast iron skillet with a piece of aluminium foil large enough to hold the beets and clementines and be sealed up.
- Place beets and clementines in foil lined skillet, drizzle with a couple of tablespoons of olive oil - *just eye-ball it* - and seal up the foil.
- Place skillet in the oven on the bottom rack.
- Roast beets for 1 hour or until a small paring knife can easily pierce through the foil and beet. *Don't risk opening the foil packet to check your beets. The steam could easily burn your hand.*
- Meanwhile, as the beets roast prepare the remaining salad ingredients.
- Wash the granny smith apple, leave it unpeeled, cut it in quarters, remove the core then slice as thinly as possible.
- Squeeze the juice from half of the lemon into 1½ cups cold water.
- Place the sliced apple into the lemon water to keep the slices from discolouring.
- Place the shelled pistachios in a dry small skillet over medium heat to roast for 5 minutes - toss frequently.
- As soon as the nuts are fragrant remove them to a chopping board.
- Chop them coarsely then set aside.
- When the beets are tender, remove them from the oven and allow to cool for 10 minutes before opening the foil packet.
- Using a knife, carefully tear the foil open allowing the steam to escape.
- When the beets are cool enough to handle peel off the skin. *I use my hands to rub the skins off but it does leave you with purple palms!*
- Slice each beet into 8 sections then place them in a salad bowl with the clementines. *You can see why I described the clementines as "sticky."*
- Pour the vinaigrette over the beets and clementines and allow to sit for 5 minutes.
- Add the greens and toss well
- Divide the salad between four serving dishes then garnish with the apple slices, pistachios and crumbled feta. *If you were to toss everything together, your salad would be completely purple.*
- Serve immediately with sea salt and freshly ground pepper.

Apple Maple Vinaigrette

2 tablespoons apple cider vinegar
2 tablespoons maple syrup
2 teaspoons walnut oil
4 teaspoons sunflower oil

THE STEPS:

- Place ingredients in a small mason jar and shake well.

THE LOVE: I know this salad seems to have a lot of steps but trust me. The flavour when you've finished is incredible. Take your time and enjoy the process!