



The Edible Garden

Recipe featured at Garden-to-Table Weekend featuring Beets, August 22

Roasted Beets, Candied Pistachios, Greek Yogurt, Mint, and Citrus Salad

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Serves 6 to 8

Ingredients

3 medium yellow beets	1/4 teaspoon salt
3 medium red beets	3 tablespoons extra virgin olive oil
2 tablespoons olive oil	2 grapefruits
1 tablespoon kosher salt	10 mint leaves
1 tablespoon black pepper	1 and 1/2 cup yogurt
2 teaspoons sugar	Maldon salt to taste
1 tablespoon honey	Fresh ground pepper to taste
1/4 cup pistachios	

Instructions

1. Preheat oven to 350°F.
2. In a bowl, toss together all the beets with the olive oil, salt, and pepper. Wrap the beets individually in foil place them on a rimmed baking sheet. Bake them preheated oven for about 1 + 1/2 hours.
3. To make candied pistachios: in an oven proof skillet or sauté pan, stir together sugar, and until sugar is melted and bubbling. Stir in the pistachios and bake the whole pan in oven until crisp, about 6 minutes. Remove pan from oven and season with salt and let cool in pan. Once cooled, break into pieces and store in airtight container until serving.
4. Test beets by sticking a pairing knife into the beet. It should go in easily with no resistance. Let cool for 30 minutes, then peel them to remove the skins.
5. Cut beets into 1/2" cubes. In bowl, toss beets with 3 tablespoons extra virgin olive oil. Zest grapefruit with microplane directly on top and stir mixture together. Season with salt and pepper to taste. Cover and refrigerate mixture until serving, at least 20 minutes.
6. Segment the grapefruits; if large, cut each segment in half.
7. When ready to serve, tear up mint leaves into small pieces, add grapefruit, and toss together with the beets.
8. For each serving, spread 3 tablespoons of Greek yogurt on the plate in a circle. Divide the beet and grapefruit mixture onto the plates. Season the top with more extra virgin olive oil, if

desired, followed by a pinch of Maldon salt, 1 tablespoon of candied pistachios, and pepper to taste.

9. Serve immediately.