

NYBG

EDIBLE ACADEMY HONEY & HARVEST WEEKEND



BEETS ON BEETS ON BEETS

Prepared by Jose DeJesus, Chef of Trill Cooker/
Breaking Bread
Yield: 2–3 servings

Ingredients

Roasted Beets

Do not roast: 1 candy cane, Chioggia beet or golden beet, as available; stems and leaves attached

For roasting:

- 2 red beets, stems and leaves attached
- 1/3 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 3 tablespoons tarragon, chopped
- Canola oil
- Salt, pepper, and sugar to taste
- Ice water

Pickled Beet Stems

- 1/4 cup Japanese rice vinegar
- 1/4 cup water
- 3 tablespoons pickling spice (recommended blend: juniper berries, coriander seeds, bay leaves, whole allspice, mustard seeds, crushed red and black peppercorns)
- Sugar, to taste
- 1 tablespoon salt
- Beet stems, cut into 2-inch pieces

Beet Leaf Oil

- 2 quarts beet leaves
- 1/2 quarts blended oil (combination of olive oil and canola oil)
- Salt, to taste
- Ice water, for blanching

Additional ingredients for plating

- 1 tablespoon honeycomb
- 1 tablespoon roasted and salted walnuts, rough chopped
- 1 tablespoon blue cheese, crumbled

Instructions

For roasted red beets: preheat oven on to 350°. Cut the leaves off the stems; set both aside. Toss beets (unpeeled) with canola oil and season with salt and pepper. Wrap each beet with aluminum foil and place on a sheet pan. Roast until tender, about 30 minutes (longer for larger beets). Let cool; peel skin. Chop to medium dice; marinate with the balsamic, extra virgin olive oil, salt, pepper, sugar, and tarragon. Set aside for 25 minutes. For unroasted beets: Using a mandolin, slice thinly the Chioggia/candy cane beet and golden beet. Cut circular slices in half. Place in ice water to preserve their texture.

For pickled beet stems: place chopped beet stems in a heat-tolerant jar or bowl with available cover or lid. In a medium-sized pot, bring the Japanese rice vinegar, water, spices, salt and sugar to a boil. Remove from heat; pour over beet stems. Let sit overnight in the refrigerator.

For the beet leaf oil: in a medium-sized pot, bring water with salt to a boil. Blanch beet leaves, quickly placing them in an ice bath. Place leaves in a towel, wring out and squeeze to remove all the liquid (as dried out as possible). Place the leaves, oil and salt in a blender. Blend for a few minutes. If the blender gets too hot, add ice cubes to cool. Strain through a fine mesh to extract all the oil. Save the oil and set aside.

To serve: place a spoon of diced roasted beets into a bowl with some of the liquid. Place a few pickled stems around the beets. Add crumbled blue cheese and chopped walnuts on top of the beets. Spoon some of the beet leaf oil around the dish. Lastly, garnish with a slice of raw golden or Chioggia/candy cane beets and place 1/2 teaspoon of honeycomb on top. Enjoy.