

BEETROOT AND ORANGE SALAD



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Beetroot and orange salad for autumn

This salad I'm always happy to eat, whether it's warm or cold outside. The colours and flavours are just perfect for an autumn salad.

In terms of ingredients, I'm finding beetroot in abundance at my local vegetable market, and I'm sure there'll be some citrus fruit appearing soon on the shelves. And if serving this salad as a side or starter while entertaining, prepare everything before the time and assemble just before serving.

Beetroot is a hard dry vegetable that doesn't contain enough moisture to steam in its own juices, so it needs a little water to cook in. But 100 – 150 ml is more than enough – your beetroot needs to just get its feet wet, rather than swim in the water.

Serves 4 – 6

10 – 12 small beetroot, washed

2 – 3 oranges, peeled and white pith removed

100 – 150 g mix of lettuce, rocket, watercress, baby spinach and beetroot leaves

1 – 2 slices Feta, coarsely crumbled

50 – 75 g pecan nuts or 75 ml dukkah

Dressing

50 ml olive oil

30 ml balsamic vinegar

20 ml honey

5 – 10 ml fresh chopped thyme

Salt and freshly ground black pepper to taste

Leave 2 – 3 cm of the beetroot stems intact if preferred.

Place beetroot in a pot, add 100 ml water and salt and simmer for 30 – 45 min or until beetroot is tender. Allow to cool.

Meanwhile, whisk all the dressing ingredients together and season to taste.

Carefully peel beetroot, without removing stems. If peel doesn't slip off when peeled by hand, use a small vegetable knife. Halve some beetroot horizontally and quarter the rest.

Slice one orange in thin slices and segment the rest. Place greens on a platter or individual plates and top with the rest of the ingredients.

Drizzle with dressing and serve immediately. Warm Italian bread is the perfect accompaniment.

Recipe posted by Philip Reineke