

Barbabietola (Italian Beet) Salad

Linda C

A delicious salad of Arugula, pickled beets, Prosciutto, White Balsamic Vinaigrette, caramelized walnuts, Gorgonzola cheese crumbles

Beets

4 fresh yellow beets, peeled and quartered

4 fresh red beets, peeled and quartered

¼ cup sugar

½ cup white wine vinegar

1 Tbsp EVOO

Bring water to cover quartered beets in a saucepan to boiling. Cook the beets 20-40 minutes to al dente.

When done, place beets in a bowl and let cool. When cool, add some olive oil, vinegar, & salt and pepper to taste. Option: Add fresh thyme and fresh marjoram. Cut beets in ½ cubes or mandolin-slice. Refrigerate for at least an hour to overnight.

Candied Walnuts

2 cups walnut halves or pieces

¼ cup honey

2 Tbsp sugar

1/8 tsp salt

Preheat a dry skillet over medium heat. Add the walnuts, honey, sugar and salt. Cook, stirring frequently, until syrup is caramelized and nuts are toasted, about 3 minutes. Let cool on a parchment covered cookie sheet, spreading them out. Transfer to a waxpaper-coated container for room temperature storage.

White Balsamic vinaigrette

¼ cup white balsamic vinegar

½ cup EVOO

1 Tbsp honey

Pinch of salt

½ tsp minced shallots

Squeeze of lemon juice

Whisk all together until emulsified.

****Toss vinaigrette with arugula. Top with marinated beets, Prosciutto bits, caramelized walnuts and Gorgonzola cheese (or Burrata cheese)****

Made for Trilogy Cooking Club, May 9, 2023

By LINDA CHRISTIAN