

## **Roasted beets and heirloom carrot salad**

Seasonal root vegetables take centre stage here, providing a mix of textures and colours to create a salad for all the senses.

Prep

20 mins

Cook

20 mins



### **Plate setup**

#### Ingredients

- 100 g beets (red, golden and striped), cooked and sliced, or cut into different shapes
- 30 g heirloom carrot slivered, blanched

- 3 to 4 small frisée lettuce leaves
- 1 g radish sprouts
- 30 ml verjus vinaigrette
- 5 ml first-pressed canola oil, drizzled
- 5 pieces crisp-fried, thin red onion rings

## Verjus vinaigrette

### Ingredients

- 5 ml honey
- 5 ml Dijon mustard
- 5 g shallots, minced
- 100 ml verjus
- 200 ml canola oil
- Salt and pepper to taste

### Instructions

#### Step 1

Combine honey, Dijon, shallots and verjus in bowl.

#### Step 2

Whisk to combine.

#### Step 3

Slowly whisk in oil to emulsify.

#### Step 4

Season with salt and pepper.

#### Notes:

Yield 10 servings of dressing, can keep remainder in fridge for three days.

## Crisp-fried onion rings

### Ingredients

- 30 g seasoned flour

- 5 pieces red onion rings, thinly sliced
- Kosher salt

## Instructions

### **Step 1**

Dredge rings in seasoned flour.

### **Step 2**

Fry until crisp.

### **Step 3**

Season with some kosher salt as they come out of fryer.