

french lentil & roasted beet salad

Fabulous! A really unique salad. Feels like it has a bit of a Mediterranean flare to it.

ingredients:

SALAD:

- 1 pound beets (about 3 medium), red, gold, striped, or a mixture
- 1 Tablespoon extra-virgin olive oil
- 1 cup *de Puy* lentils (small, slate-green lentils from France; or use brown lentils)
- 2 teaspoons chopped fresh rosemary, divided
- 1 whole bay leaf (dried or fresh)
- 2 large cloves of garlic, peeled & smashed
- 1/2 medium onion, studded with a whole clove
- 1/2 teaspoon kosher salt, plus additional for seasoning to taste

- 1/4 cup minced fresh flat-leaf parsley
- freshly ground black pepper to taste

- 6 cups mixed baby greens
- 6 ounces crumbled goat cheese

DRESSING (makes 1/2 cup):

- 3 Tablespoons sherry vinegar
- 2 Tablespoons whole-grain mustard
- 1 tsp kosher salt
- freshly ground black pepper to taste

- 1/3 cup extra-virgin olive oil
- 2 medium shallots, minced

directions:

1. Preheat oven to 400°F. Trim all but 1 inch of the beet stems. Put the beets on a large piece of aluminum foil, drizzle with olive oil, and seal the foil to make a tight package. Put the package in a small roasting pan. Roast the beets until easily pierced with a knife, about 1 hour. When the beets are cool enough to handle, peel them- the skins should slide right off with a bit of pressure from your fingers. If they don't, use a paring knife to scrape off any bits that stick. Dice the beets and set aside.

2. While you roast the beets, spread the lentils on a pan and pick out any pebbles or other foreign matter; rinse and drain. Put the lentils in a saucepan with cold water to cover by about 2 inches. Add 1 teaspoon chopped rosemary and the bay leaf to the pan, along with the smashed garlic, onion, and 1/2 teaspoon salt. Bring to a boil over high heat; reduce the heat and simmer, uncovered, until the lentils are tender, about 25 minutes. Strain the lentils and discard garlic and onion.

3. While lentils are simmering, prepare the salad dressing: Whisk vinegar with mustard, salt and pepper in a small bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream to make a smooth, slightly thick vinaigrette. Stir in the shallots. Use immediately or refrigerate in a tightly sealed container for up to 3 days.

4. Put the warm lentils in a bowl and stir in half of the dressing. Cool the lentils completely, then add the beets, parsley, and remaining 1 teaspoon chopped rosemary. Season to taste with salt and pepper. Lightly dress the greens with a bit of the dressing and divide among 6 plates. Spoon some of the lentil salad onto the greens, crumble goat cheese over each serving, and drizzle with some of the remaining vinaigrette.



Oven Roasted Golden Beets

Another option for roasting golden beets

- 2-3 golden beets
- 2-3 T vegetable oil
- salt and pepper to taste

Peel and chop into cubes golden beets. Toss with vegetable oil and put in a baking sheet or tray, making sure the beets are in a single layer. Add salt and pepper to taste. Roast at 400 degrees F for about 25 minutes, or until beets are soft and have golden brown edges. Serve immediately.

Easy Daikon Salad

2 cups julienne cut daikon radish (I used my food processor to cut it)

- 1 tsp kosher salt
- 1 tbsp seasoned rice vinegar
- 2 tsp granulated sugar
- 1 tsp sweet rice wine (mirin)
- OPTIONAL: crushed peanuts

Place the daikon in a colander/mesh strainer over a bowl or the sink and sprinkle with salt. Mix well. Let sit for 30 minutes. Squeeze out excess water and then rinse well with cold water. Drain.

In a small saucepan, combine the seasoned rice vinegar, sugar and rice wine. Cook over medium heat, stirring constantly, until the sugar dissolves (this will only take a few minutes).

Transfer the daikon to an airtight container and pour the rice vinegar mixture over. Shake or stir well to combine. Chill for 20 minutes before serving.

This can store for up to a few days in the fridge, if it lasts that long. If desired, serve topped with crushed peanuts.

Lemon-Butter Snow Peas

INGREDIENTS:

- 1/2 pound fresh snow peas
- 1 tablespoon water
- 1 teaspoon minced garlic
- 1 tablespoon butter, melted
- 1 teaspoon lemon juice
- 1/2 teaspoon Italian seasoning

DIRECTIONS:

In a microwave-safe dish, combine the snow peas, water and garlic. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. Combine the butter, lemon juice and Italian seasoning. Drizzle over peas; toss to coat.

QUICK TIPS

Buy several small spray bottles to use in the kitchen, for tasks like moistening pie dough, coating oil on pans, misting salad dressing on delicate greens, or other purposes you might think of.

Freeze tomato paste in the can. Open both ends and punch out the paste. Wrap the frozen paste in foil and freeze, then slice off what you need as you need it.

BITTER GREENS WITH SWEET ONIONS & TART CHERRIES

From Molly Katzen

- I like to use a **mixture of collards, red mustard, arugula, and a little kale**. The amount of greens below might seem enormous, but don't forget they will cook way down.
- Unsweetened sour cherries from a can work beautifully here, but if you have access to fresh sour cherries (and you have a good pitting gadget), by all means use them.
 - o Vidalia onions are terrific, but if you can't find them, just use regular ones.
- This dish give off a lot of cooking liquid, but it is too pretty and delicious to let evaporate. So just include some with each serving, especially if you are pairing this dish with pasta or rice.

1 cup fresh sour cherries, pitted (or canned unsweetened sour cherries, drained)

2 to 3 teaspoons sugar

1 tablespoon canola oil

3 cups sliced onion (a sweet variety, like Vidalia, if available)

1 1/4 teaspoons salt

3 large bunches fresh greens, stemmed if necessary, and coarsely chopped (about 12 cups)

1 cup dried sour cherries (optional)

Place the cherries in a small bowl, and sprinkle with sugar. Let sit for about 10 minutes.

Heat the oil in a large, deep skillet or Dutch oven. Add the onion and 1/2 teaspoon of the salt, and sauté over high heat for about 5 minutes. Turn the heat to medium, cover, and let the onion cook until very tender (about 10 more minutes).

Begin adding the greens in batches (as much as will fit), sprinkling each addition with about 1/4 teaspoon salt. Stir and cover between additions, letting the greens cook down for about 5 minutes each time, to make room for the next batch.

When all the greens are added and have wilted, stir in the cherries and cook for just about 5 minutes longer. Transfer to a platter, and sprinkle the dried cherries on top, if desired. Serve hot or warm, being sure to include some of the delicious cooking juices with each serving.

Golden Beet Salad with Feta

Ingredients:

3 Golden Beets, with leaves attached

1/3 Cup Chopped Carrots

1/4 Cup Crumbled Feta Cheese

1 and 1/2 Teaspoons Red Wine Vinegar

1 Teaspoon Olive Oil

1/2 Teaspoon Lemon Juice

1/2 Teaspoon Salt

1/2 Teaspoon Pepper

Cut the leaves off of the beets and set them aside. Peel the beets with a potato peeler, cut them in half, and place them in a medium-sized pot. Add water until the beets are just covered, then place the pot over medium-high heat and bring the water to a boil. Lower the heat to a simmer and cook, covered, for 30 minutes.

Remove the pot from heat and pour into a strainer. Take the beets and cut them into roughly 2-inch cubes. Set them aside.

Bring a small pot of water to a boil. Add the beet leaves and cook for 1 minute, then pour into a strainer. Allow the leaves to cool for 10 minutes, and then squeeze the excess water out them with your hands. Place them on a cutting board and chop them into roughly 1/2 inch pieces. Place the chopped greens in a medium-sized bowl.

Add the chopped beets, carrots, vinegar, olive oil, lemon juice, salt, and pepper. Stir until the vegetables are evenly distributed and they are covered in the dressing. Sprinkle with the feta cheese and serve immediately.

Bubble and Squeak

The name is apparently due to the sounds that are emitted during cooking, the vegetables bubble as they are boiled and then squeak in the frying pan.

Butter - 1 oz

Onion - 1, finely chopped

Potatoes - 1 lb, cooked and mashed

Cabbage - 8 oz

Beef - 4-8 slices, cooked, finely chopped (optional)

1. Melt the butter in a large frying pan, add the onion and fry for a few minutes until softened, stirring frequently.
2. Add the potatoes and cabbage. If you are including the beef, add this as well.
3. Fry over a medium heat for 15 minutes until brown then serve.