

# GOAT CHEESE-RED BEET SALAD WITH RED BEET-TARRAGON CANOLA OIL

*Yield: 12 portions, portion size: 1 cup (250 mL)*

<b>Ingredients</b>	<b>Amounts</b>
<i>Salad</i>	
Red beets, sliced into disks (or 12 baby beets)	3 ea.
Canola oil	¾ cup (175 mL)
Apple cider vinegar	¼ cup (60 mL)
Friséé lettuce	1 hd.
Fennel, shaved on madoline	1 hd.
Red Beet Tarragon Oil (see below)	2 oz. (60 mL)
Candied Walnuts (see below)	18 ea.
Pink grapefruit, suprêmes	1 ea.
Goat cheese, crumbled	3 oz. (90 g)
 <i>Red beet tarragon oil</i>	
Canola oil	1 cup (250 mL)
Red beets, roasted	1/3 cup (75 mL)
Fresh tarragon, finely chopped	2 Tbsp. (30 mL)
Pink grapefruit zest	1 tsp. (5 mL)
Lemon zest	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)
Sea salt	½ tsp. (2 mL)
 <i>Candied walnuts</i>	
Walnuts	3 lb. (1.5 kg)
Powdered sugar	1 lb. (500 g)
Cayenne pepper	1 tsp. (5 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)
Canola oil, for frying	4 qt. (500 mL-1 L)

## **Method**

1. For beets: Remove green tops from beets (reserve for sautéing if in good shape for future use). In large colander, wash beets with cold running water.
2. In large bowl, combine salt, pepper, canola oil and vinegar. In large roasting pan, add beets and toss with vinaigrette mixture (vinaigrette should come a quarter of way up beets). Cover with foil and roast in 350 °F (180 °C) oven until easily pierced with paring knife.
3. When beets are cool enough to handle, peel. Trim and slice into disks.

4. For Beet-Tarragon Canola Oil: In saucepan, warm canola oil to 140 °F; do not boil. Add 1/3 cup beets, tarragon, grapefruit and lemon zest, salt and pepper. Mix well, remove from heat and bring to room temperature. Place oil mixture in blender and process until smooth; taste and adjust seasoning. Strain through fine strainer and set aside for service.
5. For candied walnuts: Bring medium-sized pot of water to boil. Add walnuts and simmer 3 minutes. Drain walnuts and place in large bowl.
6. In large deep pan, heat canola oil to 350 °F (180 °C). In bowl, combine sugar and cayenne. Add to walnuts; mix well. Fry seasoned walnuts in small batches until golden brown. Place on sheet pan lined with parchment paper and season with salt and pepper.
7. For salad: In bowl, gently toss sliced beets, frisée, fennel and grapefruit with Beet-Tarragon Canola Oil. Place on plate, sprinkle with candied walnuts and goat cheese, and add a little more Red Beet Tarragon Canola Oil around plate.

Yield: 12 servings. Serving size: 1 cup (250 mL).