Local Farms salad

Made with local ingredients, including GoodLeaf greens.

Prep
15 mins
Cook
40 mins



Beets

Ingredients

- 6 cups Fresh farm leaves
- 2 red beets
- 2 golden beets
- 1 candied beet

- 1 cup blueberry vinaigrette
- 1 tbsp chopped chives
- 20 pcs (freeze-dried or fresh) blueberries

Instructions

Step 1

Fill a large pot with 8 cups cold water

Step 2

Add red beets, ensuring beets are submerged.

Step 3

Add ¼ cup white vinegar. (Vinegar will help beets retain their colour.)

Step 4

Bring to a boil, then simmer until beets are cooked enough to easily pierce with a knife.

Step 5

Drain water.

Step 6

Peel the beets while they are hot, with use of a cloth.

Step 7

Follow the same procedure for golden beets.

Blueberry and Baco Noir vinaigrette

Ingredients

- 1/3 cup Baco Noir blueberry vinegar
- 2 tbsp Dijon mustard
- 6 cloves roasted garlic

- 2 shallots
- 2/3 cup olive oil
- To taste salt
- To taste pepper

Instructions

Step 1

Blend all ingredients together until properly combined

Plate setup

Instructions

Step 1

Slice both red and golden beets to proper thickness.

Step 2

Place the sliced beets, overlapping them and alternating colours, in a circle on the plate.

Step 3

Toss fresh GoodLeaf Farms greens in the Blueberry and Baco Noir vinaigrette and stack them in the centre, on top of the sliced beets.

Step 4

Crush freeze-dried blueberries in two and place them on the salad.

Step 5

Thinly slice candied beets, cut them in half and place them on salad as shown in picture above.

Step 6

Garnish with chopped chives.

Step 7

Finish by drizzling the vinaigrette over top.

Step 8

Serve fresh.