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.