

Warm Roasted Beet Salad with Basil, Sea Salt and Cashews

June 2014 by Camine Pappas

After a good bath, and a snip at top and bottom of each beet, I wrapped it in foil, pierced each with a sharp blade about three times, and put them in a 400 degree oven for 45 minutes. When I removed them from the oven and then from the foil, they retained their beautiful shape even after sitting for about 10 minutes to cool slightly. Never yielding to the wilting heat, they gave up their skins willingly, cleanly, and without effort, yet the insides were bright, smooth and soft, without being mushy.



When cooled, the art began. I sliced them thinly, arranging them carefully around the perimeter of a dish; one gold, one red, one gold...and so forth. Then I layered them with paper thin slices of white sweet onion. Then, drizzled a mild olive oil on them, and ladled a teaspoon of freshly squeezed lemon juice. I then scattered julienned strips of fresh garden basil. After that, was a smattering of chopped salted cashew pieces? Finally I gave them a fine dusting of cracked pepper, a loving arrangement of pink Himalayan sea salt, and then in the middle, spooned a lovely, white dollop of Greek yogurt. To make it pretty, I put a series of long, blanched green bean along the corner, slit lengthwise to reveal the delicate little pea-shaped seeds in the middle.

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