



FOUNDED 1711

WINE AND OLIVE ESTATE

RECIPE 98/98

Roasted Beet and Orange Salad

What you will need:

2 bunches beets (red and yellow)

Salt and pepper

Morgenster Extra Virgin Olive Oil

3 oranges

1/2 cup walnuts

1/4 cup chopped flat leaf parsley

3 Tablespoons fresh orange juice

2 Tablespoons Dijon mustard

2 Tablespoons **Morgenster Balsamic Vinegar**

1/2 cup **Morgenster Extra Virgin Olive Oil**

Salt and pepper

How to prepare:

Wearing a pair of gloves, peel the beets with a vegetable peeler. Cut the beets into small cubes. Fold a large piece of aluminium foil in half. Put the beets in the middle of the foil. I don't want the colours to bleed, so I do two separate pouches. Drizzle with olive oil and season generously with salt and pepper. Fold the corners of the foil together, and pinch the pouch shut. Put the pouches in a pan, just in case they leak.





Bake in a 400 degree oven for about 25 to 35 minutes.

While the beets are roasting, segment the oranges. Cut off the bottoms of the oranges so they do not roll on the cutting board. Using a sharp paring knife, start at the top and work your way down removing the peel. Hold the peeled orange in your hand, and carefully cut the flesh out between the membranes. Add the segments to a bowl and squeeze the juice from the orange.

Add 3 tablespoons orange juice, dijon, vinegar, salt and pepper to a mason jar. Screw the top on and shake. Add the olive oil and shake to combine.

Add the roasted beets to a large bowl. Add half of the dressing and toss to combine. Add orange segments, walnuts, and parsley. Taste for seasoning. Add more dressing, salt, and pepper as needed.