

Watermelon Salad, Roasted Beets Recipe. Serves 6.

Roasted Beets

6 beets, medium size, whole, skin on and rinsed (preferably Forono beets)
2 ea. garlic cloves, crushed
2 fresh thyme sprigs or a pinch of dried thyme
1/2 orange peel
2 Tbsp (30ml) raspberry vinegar
2 Tbsp (30ml) red wine vinegar
2 Tbsp (30ml) olive oil
Salt
1/2 cup (125ml) water

Method

Preheat oven to 400°F (200°C). Beets can be steamed whole as well for 25 to 35 minutes (use water and orange peel only though). Toss all ingredients (except the water) to coat beets. Place in a shallow baking dish, add water and cover with foil. Roast beets for 45 minutes or until they are tender when pierced with a knife. Remove from oven, uncover, let cool to room temperature. Trim off tops and bottoms, peel beets and cut into desired shapes such as squares, wedges, cubes and slices... Wrap beets cuts and refrigerate.



Compressed Watermelon (Cryovacking / Sous-Vide Technique)

1 ea. small seedless and organic watermelon, peeled and sliced into 1 inch (2.5cm) thick sheets.

Makes 1.5 Servings Per Sheet ≈ 4 Watermelon Sheets for 6 Servings.

Marinade for ONE Watermelon Sheet

3/4 Tbsp (12ml) raspberry vinegar and 1 tsp (5ml) red wine vinegar and a few mint leaves or fresh lemon thyme or lemon verbena.
Lime juice can be substituted for vinegars.

Method

Place each sheet of watermelon in cryovac bag, add vinegars and herbs and vacuum. Refrigerate for 1 hour at least to compress and saturate the watermelon with flavor. Remove from bag, discard marinade and herbs. Cut each watermelon sheet into desired shapes using a large knife or fancy cookie cutters and drain over paper towels before plating.

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Raspberry Vinaigrette

8 ounces (240g) fresh raspberries, cryovacked and cooked

1 Tbsp (15ml) olive oil

2 Tbsp (30ml) peanut or neutral vegetable oil

1 Tbsp (15ml) red wine vinegar; add more if needed

Salt & pepper to taste.

Method

Cryovac fresh raspberries and cook at 185°F (85°C) for 12 minutes or bring water to a simmer, plunge the bag into the hot water, turn off the flame and let cook for 12 minutes; the temperature of the water will drop slowly. Transfer bag to ice water to cool. Emulsify with oil first, then vinegar. Season with salt and pepper to taste.

Garnishing

2 baby golden beets, peeled and thinly sliced (use a mandoline and reserve shavings in ice water to make them crispier)

4 oz (120g) Feta cheese, cubed

4 oz (120g) Blue cheese or Roquefort, chunked

Toasted hazelnuts

Fresh dill and mint

Figs and Strawberries slices (optional).

Plating

Dress cooked and raw beets with hazelnut or peanut oil. Place compressed watermelon cuts along with beets on each plate. Be aware that if you manipulate beets and cheese right after; it will turn red. So, use cloves or some fine utensils. Arrange golden beet shavings, cheeses, toasted hazelnuts, fresh dill, mint. Sauce with raspberry vinaigrette. Serve immediately.

Roasted beets, cryovacked watermelon sheets and the raspberry vinaigrette can be refrigerated for up to 5 days.

