

Chioggia Beets With Raspberry Mint Vinaigrette

Gourmet | July 2005

Adapted from The Restaurant at Elderberry Pond, Auburn, NY



(photo by: Romulo Yanes)

1/2 teaspoon black pepper
1/4 cup olive oil

Garnish: fresh mint sprigs

preparation

Cover beets with water by 1 inch in a 2- to 3-quart saucepan and simmer until tender when pierced in center with a fork, about 30 minutes. Drain in a colander and rinse under cold running water. Let stand until cool enough to handle, then slip off and discard skins. Cut beets into 1/4-inch-thick slices.

While beets are cooking, stir together scallions, 2 tablespoons vinegar, lemon juice to taste, mint, zest, salt, and pepper in a bowl. Add oil in a slow stream, whisking until combined. Add warm beets and toss with vinaigrette and vinegar and salt to taste. Serve warm or slightly chilled.

*Sometimes called candy-cane beets, chioggias become more aggressive in flavor as they age, so search out relatively young beets, with a diameter of 1 1/2 to 2 inches.

Yield: Makes 4 first-course servings

Active Time: 15 min

Total Time: 40 min

ingredients

1 lb beets (4 to 6; preferably Chioggia*), 1 inch of stems left intact

3 tablespoons thinly sliced scallions

2 to 2 1/2 tablespoons raspberry vinegar

2 teaspoons fresh lemon juice, or to taste

2 tablespoons chopped fresh mint

1 tablespoon finely grated fresh orange zest (from 2 oranges)

1/2 teaspoon salt