

Beet And Parsley Salad

Gourmet | August 2003

Active time: 25 min Start to finish: 25 min

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Total Time: 25 minutes

ingredients

2 medium beets without greens
1 cup packed fresh flat-leaf parsley leaves
1/4 teaspoon salt, or to taste
1/4 teaspoon sugar, or to taste
1/8 teaspoon black pepper
2 teaspoons extra-virgin olive oil
2 teaspoons balsamic vinegar

Special equipment: a Japanese Benriner* or other adjustable-blade slicer

preparation

Trim and peel raw beets, then cut into very thin slices (1/16 inch thick) with slicer. Make small stacks of slices and cut each stack with a sharp knife into very thin strips (1/16 inch thick).

Toss beets with parsley, salt, sugar, and pepper in a serving bowl until sugar is dissolved. Add oil and toss to coat. Sprinkle vinegar on salad and toss again. Serve immediately.

*Available at Asian markets, some cookware shops, and Uwajimaya (800-889-8801).

Cooks' note:

Beets can be cut and parsley leaves removed from stems 8 hours ahead and chilled, separately, wrapped in dampened paper towels in a sealed plastic bag.

nutritional information

Each serving contains about 63 calories and 3 grams fat.

Nutritional analysis provided by Gourmet