

Roasted Beet and Mache Salad

Ingredients

1 cup walnuts

¼ cup olive oil

4 sprigs of thyme

½ pound haricots verts

4 leeks, thinly sliced

¼ cup sherry wine vinegar

1 teaspoon Dijon mustard

¾ cup grapeseed oil or vegetable oil

¼ cup walnut oil

¼ teaspoon salt, plus more to taste

4 roasted medium beets, chilled and cut into ½ inch dice

Finely ground black pepper

¾ lb. mache (substitute 1 endive cut into 2-inch julienne strips, or Bibb lettuce)

¼ pound roquefort, broken or cut into 12 pieces

Directions

Preheat the oven to 375.

Spread the walnuts on a baking sheet and toast them in the oven for 3 to 5 minutes, or until they give off a nutty aroma. The nuts shouldn't take on any color, and they should be discarded if they turn brown.

Meanwhile, prepare an ice-water bath and bring a large pot of salted water to a boil over a high flame. Add the haricots verts and cook until tender, 5 to 10 minutes. Remove the beans using a slotted spoon or kitchen tongs, then plunge them into the ice bath. Drain and reserve. Add the sliced leeks to the still-boiling water and cook for 10 – 15 minutes, until they have lost their crunch. Remove with tongs and refresh in the ice bath. Drain and reserve.

Make the salad dressing: Combine the vinegar and the mustard in a bowl or glass measuring cup. Whisk in the grape-seed and walnut oils and season with ¼ teaspoon salt and a few grindings of pepper.

Add the cooked leeks to the chilled, diced beets. Season with salt and pepper to taste, then dress with about $\frac{3}{4}$ cup of the salad dressing. Season the haricots verts with salt to taste, and toss with about $\frac{1}{4}$ cup of the dressing.

To serve, set out 6 salad plates. On each plate, create a bed of the beet-leek mixture and top with a small bundle of haricots verts.

Make a tiny puddle of dressing in a small bowl. Divide the mache into 6 small bouquets. Hold each bouquet by the stem end, swirl the leaves in the dressing to lightly coat, and place within the bundle of haricots verts. Arrange 2 pieces of blue cheese on each plate and top with a few toasted walnuts.

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