

Beet Salad with Candied Pecans, Feta, Seasonal Fruit & Vegetables and Honey Citrus Vinaigrette

Chef CJ Nielsen
Gypsy Garden Catering



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Beet Salad Recipe -

- 1 Tbs salt
- 1 Tbs black peppercorn
- 1 lemon
- 1 orange

1. Trim the tops off of 5-6 large beets.. Add beets to stock pot, cover with 1 Tbs salt & water 2 inches above beets. Bring to boil reduce to simmer.
2. Add 1 lemon, 1 orange (both cut in half) & 1/2 Tbs black peppercorns. Simmer until toothpick easily slides into beet.
3. Strain beets once cooked through and give them an ice bath. Once cooled, peel skin off with paper towel and portion to desired shape and size. Note- running water will help the peeling process and the top of the beet connected the stem may need to be cut away if toothsome.

Candied Pecan Recipe -

- 1/3 C white sugar or more to taste
- 1 tsp ground cinnamon
- 1/4 tsp salt or more to taste
- 2 egg whites
- 1 tsp water
- 1 pound pecan halves

1. Preheat oven to 250 degrees and mix sugar, cinnamon and salt in small bowl.
2. Whisk egg whites and water until frothy and mix in pecan halves.
3. Mix sugar mixture into the pecans and egg white.
4. Bake single layer of pecans for 10 min at 250 degrees, stir every 7-15 min and continue to cook for 30-50min. Keep a close watch so they don't burn.

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Honey Citrus Vinaigrette Recipe -

2 large or 3 small lemons, zested then juiced
1 Tbs honey
1/2 Tbs lemon zest
2 Tbs lemon juice
2 Cups grape seed oil or Extra Virgin Olive oil
1 Cup champagne vinegar
Salt & Sugar to taste

1. Zest and Juice Lemons
2. In small bowl whisk & mix lemon juice, zest, oil and vinegar
3. Adjust flavor with sugar and salt

Note- this is a broken vinaigrette and needs to be shaken before serving.

Arrange cut beets, pecans, fruits, vegetables and cheese creatively on the plate. Finish salad by shaking the dressing and generously coating the entire salad and enjoy.