

Chef from the Hood Recipes



Chef:
John McReynolds

Restaurant:
Cafe La Haye, Sonoma, California

Recipe:
Roasted Beet Salad with Pecan Crusted Goat Cheese
Crouton & Mache!

Ingredients:

For salad:

2 pounds fresh chioggia beets (or baby beets)
olive oil (to coat beets)
1/2 pound mache (or baby lettuce) washed
8 oz. fresh goat cheese (Cypress Grove Chevre)
toasted & ground pecans (approx. 3/4 cup)
melted butter (in a saucer or shallow bowl)

For vinaigrette:

1 shallot finely chopped
juice of 1 lemon
1/3 cup orange juice
1/3 cup champagne vinegar
salt & pepper
1/3 cup extra virgin olive oil
1/3 cup canola oil

Chef John McReynolds' creative salad has lovely contrasts in texture, temperature and color. The citrusy dressing is a wonderful contrast to the creamy, warm goat cheese, while the toasted pecans add a nice, earthy crunch. What a way to show off our lovely local produce and cheese to your company! Make the vinaigrette ahead if you like, but assemble the salad just before serving. Quantities below make six individual salads.

For the salad: Lightly oil beets & bake 1 hour at 375°. Make vinaigrette. Cool beets, peel, cut into wedges & toss in a small amount of vinaigrette. Set aside. Form goat cheese into 12 disks. Dip each into melted better, then coat with ground nuts and place on a baking sheet. Bake cheese disks in a preheated 400° oven for 5 minutes. Pat dry mache or lettuce, and assemble in a circle on each plate. Add a small mound of beets to the middle. Top each with goat cheese. Drizzle more vinaigrette around mache. Serve immediately!

For the vinaigrette: Whisk together the shallot, juices, vinegar, salt & pepper. Slowly add oils while constantly whisking.