



## BEET THE BLUES

*Eat well • Live better*

### BAKED BEETROOT SALAD, BARKHAM BLUE CHEESE AND CANDIED WALNUTS

*Serves 4*

#### INGREDIENTS

120g	Ruby beetroot
120g	Candied beetroot
120g	Golden beetroot
120g	Barkham Blue cheese
40g	Walnuts
20g	Caster sugar
15g	Micro chard
60ml	House dressing
30g	Beetroot juice- Reduced by 2/3 to a light syrup
	Cornish sea salt

#### METHOD

1. Make house dressing following the recipe and keep refrigerated.
2. On the day of use, pass and add 25ml of beetroot reduction to 75ml of house dressing.
3. This is your finished beetroot dressing that will keep for week.
4. Drizzle the assorted beets with rapeseed oil and season.
5. Bake the beets in a hot oven at 160 o/c until cooked and tender.
6. Peel the beets and allow to cool.
7. Cut the beets into small wedges and season.
8. Break the Barkham Blue cheese into large pieces.
9. Toast the walnuts and toss through the caster sugar whilst they are hot.
10. Toss the assorted beets with some of the beetroot dressing and season with sea salt.
11. Dress beets on a round starter plate and place in between the pieces of Barkham Blue.