

Beetroot Roasted with Orange Dressing

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bay leaves, beetroot, calendula flowers, chives, mint, nasturtium flowers, oranges, parsley, shallots, thyme

Recipe source: Adapted from a recipe by Desley Insall, Kitchen Specialist, Collingwood College, Victoria

This dish uses the whole beetroot, from root to leaves. The tangy orange dressing sets off the sweet earthiness of the beetroot.

Equipment:

metric measuring jug and spoons
clean tea towel
chopping board
cook's knife
zester
citrus juicer
mixing bowls – 2 large, 1 small
baking tray
aluminium foil
skewer
salad spinner
whisk

Ingredients:

8–10 beetroot, with leaves
3 sprigs thyme
salt and pepper, to taste
2 tbsp extra-virgin olive oil
6 bay leaves
1 handful of nasturtium flowers
1 handful of calendula flowers

For the dressing:

50 ml olive oil
2 shallots, finely chopped
zest and juice of 2 oranges
1 handful of mint, finely chopped
1 handful of parsley, finely chopped
1 handful of chives, finely chopped



What to do:

1. Preheat the oven to 220°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Trim the leaves off the beetroot bulbs. Discard any discoloured or dead leaves. Set the good-quality leaves aside.
4. Wash the beetroots, keeping the skin on. Dry them and chop into 2 cm cubes. Add to a large mixing bowl.
5. Add the thyme sprigs, along with a pinch each of salt and pepper.
6. Add the extra-virgin olive oil and toss to coat the beetroot in oil and thyme.
7. Lay the beetroot in the baking tray and place the bay leaves over the top.
8. Cover the tray with foil and roast in the oven for 30 minutes, until soft (you can test this with a skewer).

9. Wash and spin-dry the leaves, then roughly shred them.
10. For the dressing, whisk together the olive oil, shallots, orange juice and zest, and salt and pepper to taste in the small mixing bowl.
11. Once cooked, tip the beetroot into a large mixing bowl, pour over the dressing, toss and allow to cool.
12. Once the beetroot is at room temperature, toss through the herbs and beetroot leaves.
13. Serve with nasturtium and calendula garnishes.

