



Heirloom Tomato & Pickled Beet Salad

Honey Balsamic Dressing

Pickling liquid

1 cup red wine (optional)
1 cup red wine vinegar
4 tbsp sugar
2 tbsp salt
1 tbsp coriander
2 tbsp pickling spice
1-quart water
2-3 each whole beets (tops removed)

1 large heirloom tomato (sliced)

Optional

4 cups ice
4 cups water

Dressing

2 tbsp shallots (minced)
½ tsp garlic (minced)
1 tsp dijon mustard
1 tbsp honey
½ tsp salt
3 tbsp balsamic vinegar
¼ cup olive oil

Garnish

2-4 cups of arugula greens
½ cup goat cheese

Step #1

- ❑ Using a medium-size pot add water, red wine, red wine vinegar, sugar, salt, coriander, and pickling spice. Use a whisk to mix making sure both sugar and salt dissolve
- ❑ Add beets and place the pot on medium heat. Allow beets to cook on a low simmer for 35-45 minutes or until tender

Chef Note: To check doneness, insert a fork into the beet, if it falls off it's done. If the beet remains on the fork it may need more time to cook.

- ❑ Once done, allow to slightly cool, then place the whole pan in the refrigerator until cool. This should take between 1-2 hours. Or cool beets in water and ice.

Step #2

- ❑ Remove beets from the liquid
- ❑ Using a paper towel or knife, remove the skin (it should come right off)
- ❑ Once the skin is off cut beets into either wedges or medium dice.
- ❑ Reserve

Step #3

- ❑ Using a small bowl add shallots, garlic, mustard, balsamic, honey, and salt. Mix well
- ❑ Using a whisk to mix, slowly add olive oil into the bowl
- ❑ Once the oil has been added, taste! Adjust seasoning if needed

Step #4

- ❑ Slice your tomato into ¼ in slices, put on the plate
- ❑ Add sliced beets. Garnish and finish the salad with arugula greens, balsamic dressing, and goat cheese. Serve

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