Cedar Roasted Beets
With an Orange Meringue and Arugula Pesto

Yield: 4 Portions

Equipment Needed
Stainless Bowl
Small Roasting pan
Stock Pot
Food Processor
Stainless Steel Cooling Rack
Crème Brulee Torch
Small Metal Pan
Stand Mixer
Micro-Plane (or “Zester”)

Beets
1 lb Red Beets
1 Tbsp of Blended Oil
Pinch of Black Pepper
1 Cedar Plank (untreated)
1 Head of Frisee

Orange Meringue
3 Egg whites, pasteurized
(approx. 3oz)
2 Orangea, zest only

Arugula Pesto
2 Tbsp Walnut Pieces
½ Tsp of Chopped Garlic
1 Cup of Packed Arugula Leaves
2 Tbsp of Freshly Grated Parmesan Cheese
¼ Cup of Extra-Virgin Olive Oil
**Preparation**

- In a large bowl, toss raw beets with oil and pepper.
- Place on a roasting pan and cook in preheated 400° oven for approximately 1 hour or until beets are tender.
- Remove from oven and allow to cool.
- In a pot of boiling water, quickly blanch arugula (2-3 seconds), then shock in ice water.
- Place blanched Arugula as well as all remaining Pesto ingredients in a food processor and blend until smooth (2-4 minutes).
- Reserve.
- Carefully peel cooled beets and cut into wedges.
- Place slices on a stainless steel cooling rack.
- Place Cedar chips in a metal pan and ignite using a “Brulee torch”.
- Put burning chips and beets into a 400° preheated oven for approximately 3-5 minutes.
- Meanwhile, whip egg whites to soft peaks, then fold in orange zest.
- **Plating:**
  - Evenly distribute Meringue, by placing a “mound” in the center of 4 plates.
  - Randomly place frisee leaves around meringue, then top frisee with beet slices.
  - Drizzle Pesto over entire plate and serve.

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