

**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
1Tbsp 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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