

• INGEBRETSEN'S FAMILY RECIPES •

THE NORWEGIAN BEET SALAD

YIELD: 8 SERVINGS

10 UNPEELED BEETS, STEMS REMOVED

MARINADE INGREDIENTS

2 1/2 C OLIVE OIL

4 SPRIGS FRESH THYME

3 CLOVES GARLIC, PEELED

3 C 100% ORANGE JUICE

DRESSING INGREDIENTS

1 C APPLE CIDER VINEGAR

1/4 C MAPLE SYRUP

1 T MUSTARD (WE USE DIJON)

8 C ORGANIC MIXED GREENS

SALAD GARNISHES

2 C GOAT OR BLUE CHEESE

2 C RAW OR ROASTED WALNUTS OR PISTACHIOS

1 C RAW OR PICKLED RED ONION

POMEGRANATE MOLASSES OR DARK TICKLE BAKEAPPLE SAUCE

KOSHER SALT & PEPPER TO TASTE

PREHEAT OVEN TO 350 DEGREES. CLEAN BEETS IN WATER; REMOVE ANY DIRT. PLACE BEETS IN ROASTING PAN. DRIZZLE WITH 1/2 C OLIVE OIL. ADD SPRIGS OF THYME & 2 CLOVES GARLIC TO PAN. WRAP PAN TIGHTLY WITH TIN FOIL & BAKE FOR ABOUT 90 MINUTES, OR UNTIL A KNIFE EASILY SLIDES THROUGH THE BEETS. COOL SLIGHTLY.

WHILE BEETS ARE STILL WARM, RUB BEETS WITH A CLOTH TOWEL; SKINS SHOULD PEEL OFF EASILY. CUT BEETS INTO 3/4" CUBES. PLACE IN AN AIRTIGHT CONTAINER. POUR 3 C ORANGE JUICE OVER, COVER, & LET SIT OVERNIGHT OR UP TO 1 WEEK. TO SERVE, DRAIN ORANGE JUICE. BEETS CAN BE REFRIGERATED AT THIS POINT SERVING LATER.

TO MAKE DRESSING, PLACE APPLE CIDER VINEGAR, 1 CLOVE GARLIC, 1/4 C MAPLE SYRUP, AND 1 T MUSTARD IN A BLENDER. TURN ON BLENDER, THEN DRIZZLE 2 C OLIVE OIL IN A SLOW, STEADY STREAM. SEASON W/ SALT AND PEPPER. STORE IN AN AIRTIGHT CONTAINER.

TOSS ORGANIC GREENS WITH ONE CUP OF DRESSING, THEN DIVIDE GREENS BETWEEN 8 PLATES. ARRANGE BEETS ON GREENS, THEN TOP WITH CHEESE, NUTS, ONION, POMEGRANATE MOLASSES, AND A LITTLE KOSHER SALT. SERVE IMMEDIATELY.

Vær så god!

• FROM EMILY HURD CHRISTENSEN AND THE STAFF OF THE NORWEGIAN, ROCKFORD IL •