

Beet and Cucumber Salad with Toasted Almond Salsa Verde



Serves: 4-6



Cooking Time: -



Level: Easy



INGREDIENTS

For the Broasted Beets

1 bunch medium beets (about 6 golf ball-sized beets)
2 tablespoons extra-virgin olive oil
8 sprigs thyme
2 bay leaves
1 orange

For the Salsa verde

3 large shallots or 1 small red onion, peeled and minced (about 1/2 cup)
1/2 cup red wine vinegar
1/2 bunch flat-leaf Italian parsley, picked and chopped (about 1 cup)
20 sprigs thyme, picked and chopped (about 2 tablespoons)
1 sprig mint, picked and chopped (about 1 teaspoon)
1/2 cup salt-packed capers, rinsed, soaked, and chopped
1 cup extra-virgin olive oil
1/2 cup toasted salted almonds, roughly chopped
3 English or Japanese cucumbers, peeled, seeded and cut into a 1/4-inch dice
1 lemon
Freshly ground black pepper, to taste

PREPARATION

1. Preheat the oven to 400° F. Cut the beet tops off leaving 1/4 inch of stem attached. Wash the beets and place them in a deep ovenproof casserole. Toss them with 2 tablespoons of olive oil and sprinkle salt. Using a peeler, peel 6 long strips of orange rind.
2. Add the thyme, bay leaves and orange peel to the beets and toss well. Add enough water to come 1/4 inch up the sides of the casserole dish. Cover tightly with aluminum foil, and bake for 40 minutes, checking every 20 minutes.
3. When the beets are cool, peel them. Discard the skins and stems. Carefully cut the beets into 1/8-inch thick slices and marinate them with the red wine vinegar and sprinkle with salt.
4. Combine the remaining ingredients in a medium bowl. Add the macerated onions with a spoon and stir well to combine. Taste and adjust the seasoning with salt and more vinegar from the macerated onions if necessary.
5. Add the chopped almonds to the salsa verde. Taste and adjust the seasoning. Toss the cucumbers with the juice of half a lemon and season with salt. Let marinate for 10 minutes, and add more lemon juice if necessary. Scatter the drained marinated beets onto a serving dish. Add the diced cucumber, and spoon the almond salsa verde over the vegetables. Top with pepper and serve immediately.