

## Sickles Market Gourmet Club



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### Beet, Orange, and Walnut Salad

Joanne Weir, *From Tapas to Meze*, 10 Speed Press, 2004

1 pound beets  
3 tablespoons extra virgin olive oil  
3 oranges  
½ cup walnut halves  
2 tablespoons walnut oil  
pinch of sugar  
salt and freshly ground black pepper  
1 head of romaine lettuce  
1 ½ tablespoons red wine vinegar

Preheat the oven to 375°F. Wash the beets and place in a baking dish. Drizzle with 1 tablespoon of the olive oil. Cover the dish with foil and bake until a skewer can be inserted easily into the beets, 45 to 60 minutes. Remove from the oven and cool. Slip off the skins and disregard. Cut beets into wedges.

With a knife, cut off the top and bottom of 2 oranges. Do not peel. Cut off the skin with a knife, leaving no white pith remaining. Section the oranges. Squeeze the remaining membrane to extract the juice and reserve the juice separately.

Toss the walnuts in 1 tablespoon of the walnut oil, sugar, salt, and pepper. Place on a baking sheet and toast until they are very hot to the touch and smell nutty, 5 to 7 minutes. Chop very coarsely.

Wash the lettuce, discard the outer leaves, and cut in half crosswise.

Whisk together the orange juice, the remaining 2 tablespoons olive oil, the remaining 1 tablespoon walnut oil, and the red wine vinegar. Season with salt and pepper.

Toss the lettuce with three-quarters of the vinaigrette and place on a platter. Toss the beets with the remaining vinaigrette. Arrange the beets, orange sections, and walnuts on top of the lettuce. Serve immediately.

Serves 6