



SALAD WITH ROASTED BEETS, FRIED SHALLOTS, AND BLEU CHEESE

SOURCE: COOKSILLUSTRATED.COM

SERVES 6 AS A FIRST COURSE

We tried a half-dozen varieties of blue cheese and all were acceptable, but tasters favored rich, creamy Roquefort. If you prefer to use a very mild and mellow blue cheese, we recommend Danish blue; if you prefer a sharp and piquant one, try Stilton. Use paper towels to rub the skins from the cooked and cooled beets.

INGREDIENTS

- **12** ounces beets (3 small or 2 medium), washed and trimmed of root tips and stems
- **3** medium shallots, sliced thin and separated into rings (about 1 cup)
- Salt and ground black pepper
- **2** tablespoons all-purpose flour
- **6** tablespoons extra-virgin olive oil
- **2** tablespoons sherry vinegar
- **2** teaspoons honey
- **1** bunch arugula (large), washed, dried, trimmed of stems, and torn into bite-size pieces (about 6 cups)
- **1** medium head butter lettuce, washed, dried, and torn into bite-size pieces (about 7 cups)
- **6** ounces Roquefort cheese, crumbled (about 1 1/2 cups)

INSTRUCTIONS

1. Adjust oven rack to lower-middle position; heat oven to 400 degrees. Wrap each beet in foil and bake until paring knife can be inserted and removed with little resistance, 50 to 60 minutes. Unwrap beets; when cool enough to handle, peel and cut beets into 1/4-inch-thick wedges and place in medium bowl.
2. While beets are roasting, toss shallots with 1/4 teaspoon salt, 1/8 teaspoon pepper, and flour in medium bowl. Heat 3 tablespoons oil in 12-inch nonstick skillet over medium-high heat until smoking; add shallots and cook, stirring frequently, until golden and crisped, about 5 minutes. Using slotted spoon, transfer shallots to plate lined with triple layer of paper towels.
3. Whisk remaining 3 tablespoons oil, vinegar, honey, 1/4 teaspoon salt, and 1/8 teaspoon pepper in small bowl until combined. Add 1 tablespoon vinaigrette to beets, season beets to taste with salt and pepper, and toss to combine.
4. Toss arugula, lettuce, and remaining vinaigrette in large bowl; adjust seasonings with salt and pepper. Divide greens among individual plates; top each with portion of beets, fried shallots, and Roquefort. Serve immediately.

Blog post from deephoughtsbycynthia.blogspot.com