

View from the Fridge – Recipes from Brian Donkin

Recipe # 54 – Beetroot Salad

Preparation time: 10 mins – Cooking time: 30 mins

Ingredients

4 medium sized beetroots
salt

Dressing:

1 tablespoon white wine vinegar
1 clove of garlic, peeled and smashed
1 tomato, skinned, deseeded and diced*
3 tablespoons olive oil
chopped parsley
salt and pepper

Method

1. Place beetroots in cold salted water, bring to the boil and simmer for 30 minutes.
2. Drain and leave to cool for 2 hours
3. Peel and cut the beetroots into thin strips

Dressing:

Place tomato, garlic, salt, pepper, parsley and vinegar in a small bowl. Stir in the olive oil gradually. Spoon over the beetroot.

*To skin a tomato – With sharp knife remove top of core, turn tomato over and crisscross skin. Plunge into boiling water for 20 seconds, then plunge into cold water – the skin will lift off.

Serves 4 – see next page for picture ./.

