Featured Recipe: Beet Carpaccio

by Diana Stavaridis of Manhattan House

Manhattan House head chef, Diana Stavaridis (Chef D), was a featured chef at our 2015 Farm to Table Benefit. Chef D also volunteers in the GrowingGreat garden at Pacific Elementary. Here is a special recipe of Chef D’s that uses fennel, nasturtium flower, dill and watercress from the Pacific garden.

Ingredients

Carpaccio:

2 Large Red Beets

1 Candy Stripe Beet (Chiogga)

2 Finger Limes

¼ c. Finely Shaved Fennel

1 Calendula Flower

1 Nasturtium Flower

½ c. Dill Tops

1 Bunch Cleaned Watercress

Blood Orange Vinaigrette:

¼ c. Blood Orange Juice

1 tbsp Simple Syrup

Zest of Two Whole Lemons

¼ c. Roasted Beet Oil (see below)

¼ c. Lemon Oil

1 tbsp Spanish Sherry Vinegar

Beet Carpaccio

1. Using a mandolin, thinly shave one raw candy stripe and one red beet. Arrange on serving plate

2. Top with lime caviar (the pulp of the finger lime), garden flowers, fennel, dill tops, watercress, beet puree, and blood orange vinaigrette

Beet puree

1. Roast one whole red beet on a rimmed baking sheet, with • c. olive oil, 1 tbsp thyme and a pinch of salt at 350 degrees until fork tender

2. Reserve excess beet oil for vinaigrette

3. Once beet was cooled, peel, dice and puree in a blender with 2 tbsp olive oil until smooth

Blood Orange Vinaigrette

1. Whisky together blood orange juice, simple syrup, lemon zest, roasted beet oil, Spanish sherry vinegar, lemon oil, salt