

# Beet, Pumpkin Seed & Feta Salad

*Swick*

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

## Step 1: Steaming the Beets

- 1 1/2 lb beets

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the Rouxbe Cooking School lessons on Steaming for more information, if necessary.

As the water is coming to a simmer, wash and peel the beets. Cut into approximately 1.5" -inch cubes. Once the water is simmering, place the beets into the steaming basket and set over top of the steamer. Cover with a lid and steam until tender and fully cooked through about, about 30 minutes or so.

## Step 2: Preparing Your Mise en Place

- 1/4 tsp cumin seeds
- 2 tbsp pumpkin seeds
- 1 to 2 small shallots
- 1 small fresh, red chili
- 2 tbsp flat-leaf parsley
- 1 garlic clove
- 4 oz feta (or goat) cheese
- 1 tbsp sherry vinegar
- 3 tbsp extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

While the beets are steaming, toast the cumin seeds. Place a small skillet set over medium heat and toast the seeds just until fragrant. Set aside. Toast the pumpkin seeds until just golden, if desired.

Next, emince the shallots lengthwise and finely dice the chili. Roughly chop the parsley and set aside.

Mince the garlic and place into a small jar. Add the sherry and extra-virgin olive oil. Season with salt and pepper to taste. Shake to emulsify. Taste for seasoning and adjust to your liking.

Finally, crumble the cheese and set aside.

## Step 3: Assembling the Salad

- sea salt (to taste)
- freshly ground black pepper (to taste)

Once the beets are tender and cooked through, remove from the steamer basket and place into a large bowl. Set aside to cool.

Once the beets have cooled to room temperature, shake the vinaigrette again to emulsify. Pour over top. Add the toasted cumin seeds and toss to coat. Taste the beets for seasoning, adding a bit of salt and pepper as desired, keeping in mind how salty the cheese is.

Note: If this salad is tossed with the cheese, it will turn pink; therefore, it is best to assemble the salad in layers.

Divide some of the beets among the plates. Sprinkle with the pumpkin seeds, feta cheese, sliced onions, chilies and parsley and repeat until the ingredients are used up. Serve.