

Beetroot Tartare, Walnuts and Black Tea with Strawberry



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- Sub Category Name
Food
Appetisers
- Recipe Source Name
Immunity Inspired by Tea Recipes
- Festivities Name
Autumn
Spring
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Winter
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Immunity Inspired by Tea Recipes

Used Teas



Strawberry

Ingredients

Beetroot Tartare, Walnuts and Black Tea with Strawberry



- 200g cane sugar
- 40ml water
- 100g walnuts
- 2 tea bags of Dilmah Strawberry Flavoured Ceylon Black Tea
- 3 large red beets roasted (roasting instructions in notes)
- 3 tbsp. balsamic vinegar
- 2 tbsp. extra virgin olive oil
- Salt and pepper
- 80ml maple syrup
- Dash of cayenne pepper
- Salt and pepper

GARNISH

- Cos leaves
- 50g rocket
- 10 gotukola leaves
- 170.1 g goat or feta cheese, crumbled about 1 1/4 cups

Methods and Directions

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- Place the sugar and water into a heavy based pot and bring up to 121°C, add the crushed tea and walnuts and stir continuously till the sugar crystalizes. Set aside.
- Peel the roasted beets and let them cool to room temperature. Dice into very small cubes.
- Drizzle the diced beets with balsamic, maple syrup, cayenne and olive oil. Toss to coat. Season with salt and pepper to taste. At this point, you can refrigerate the salad till ready to serve, if you plan to make ahead. The salad is good both at room temperature and chilled.
- Assemble your salads. Place a handful of rockets on each plate.
- Mound a portion of beets onto the rocket - about ½ cup per salad. Use a ring to help shape the salad into a neat circle.
- Sprinkle a portion of goat or feta cheese on top of each portion of beets - about 2 tbsp. per salad.
- Sprinkle a heaping tbsp. of candied nuts on top of each portion of cheese.
- Gently remove the ring.