

Red Beet & Cilantro Salad with Orange Vinaigrette

Menu

Description:

Serving Size: 20

Categories: Dining Room/Buffer used

Cost Per Serving
\$ 0.38

PICTURE OF DISH

<u>Action</u>	<u>Date</u>	<u>Initials</u>
Created:	10/8/2013	PML
Revised:	10/16/2013	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
Vinaigrette:				
0.25	kg	Orange juice fresh-.15 lt	from whole oranges	20-100000778
0.2	lt	Extra virgin olive oil		20-100001607
0.1	lt	Yellow mustard		20-100001252
0.05	lt	Apple cider vinegar		20-100000653
		salt & pepper	to taste	
Salad:				
3	kg	Red Beets topped medium		20-100000806
0.1	lt	Olive oil		20-100001607
		salt & pepper		
0.5	kg	Orange fresh	in segments	20-100000778
0.5	kg	Cilantro fresh	chopped	20-100000883

Method of Preparation:

Vinaigrette:

- Combine all ingredients in a blender and emulsify, season to taste.

Salad:

- Wash the beet root, rub in oil and season with salt and pepper, place in a 2 inch pan and cover tight with aluminum foil twice. Place in oven at 300F for 1h30 minutes or until very tender. Let cool cover.
- Remove beets from pan and peel the skin (it should come off very easily without the help of a knife).
- Cut in 1/4 inch thick slices and toss in dressing with chopped cilantro.
- Set in serving tray and garnish with orange segments and cilantro sprigs.
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