

Kitchen Garden at Collingwood College Term 2, 2018

Name of Recipe: Winter Citrus and Beetroot Salad

Volunteer Notes: There will be beetroot cooked ahead of time ready for peeling and cutting up.

From our garden: parsley, mint, oregano, fennel fronds, edible flowers

What to collect	What to do
Portion cooked beetroot 1 portion of cooked beetroots 1 pot 4 garden citrus-grapefruit & oranges	Put beetroots in pot, cover with water and cook until soft when pricked with knife. Approx 1 hour. Cool. Peel beetroots by rubbing the skin with fingers under cold water. Cut the beets in ½ and place the flat side on the board, cut into small dice. Set aside in bowl. Cut both ends off the oranges to ensure a stable orange. Cut peel off using a small knife from the oranges, (use a sawing motion) including the pith then slice into ½. Place the halves flat on the board and thinly slice. Put into a separate bowl.
Mixed salad leaves-rocket, calendula leaves, lettuces Salad spinner 8 stalks continental parsley-pick leaves 8 stalk Mint, pick leaves 8 stalk Dill 6 stalk Oregano- picked 6 Radish-trimmed, washed & sliced finely 2 spring onion, washed/trim, slice finely	Pick, Wash, dry all leaves-rocket, calendula leaves, lettuces etc. Gently arrange them on your salad platters. Pick parsley, dill & mint into sprigs, wash and dry Prepare the radish & spring onions.
Juicer/strainer 1 orange 60 ml XV Olive oil Salt flake Crack black pepper Edible flowers, check for bugs	Zest 1 orange- then juice and set aside together Make a dressing using orange juice/zest, ext virgin olive oil & seasoning. Divide beetroots, citrus slices, radish & herbs evenly into 3 or 4 bowls, toss each with portion of dressing. Gently mix just before service and mound on top of leaves, decorate with edible flowers – serve with spoons.