

# Beetroot Salad with Lemon & Crispy Salsify

by Chef François Mermilliod



**Serves:** 4 px

**Preparation time:** 35 minutes

**Cooking time:** 50 minutes

## INGREDIENTS

300 g	Beetroot		France	
	Romanesco		Netherlands	
to taste	Freeze-dried vegetables and herbs with spices		Poland	
150 g	Stracciatella		Italy	
500 ml	Sierra de Segura		Spain	
to taste	Sea salt		Malta	
1 unit	Limone Costa d'Amalfi		Italy	

## PREPARATION

- 01 Wash the beetroot thoroughly and cook in salted boiling water until tender (about 35–45 minutes). Drain and cool. Once cool enough to handle, peel and cut into quarters.
- 02 Cook the Romanesco in salted boiling water for 6–8 minutes until just tender. Refresh immediately in an ice bath to preserve colour and texture, then drain well.
- 03 Peel the salsify and, using a peeler, shave into long thin strips.
- 04 Deep fry the salsify in hot oil until golden and crispy. Remove and drain on paper towel. Season lightly with salt.
- 05 In a pan, gently warm the beetroot and Romanesco with a small splash of beer, allowing it to reduce briefly to enhance their natural sweetness without overpowering the flavour.
- 06 Arrange the vegetables on a plate. Zest fresh lemon over the top, drizzle with lemon juice and high-quality olive oil, and season with salt to taste.
- 07 Add the crispy salsify chips last for texture and serve immediately.

## EU QUALITY SCHEMES



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