



Beetroot carpaccio,
goats' cheese, roasted
maple walnuts



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INGREDIENTS:

SERVES 4

160g beetroot
160g stripey beetroot
160g golden beetroot
100g campesino goats' cheese
20ml maple syrup
50g walnut pieces
20g honey clear
25ml white wine vinegar
25g English mustard
20ml oil olive
1 lemon
150g rocket

METHOD:

1. Peel the beetroot then, using a mandoline or a sharp knife, thinly slice into discs. Steam the beetroot for 1-2 minutes to soften slightly. Tip into a bowl and drizzle over half the lemon juice, half the olive oil and 1 tsp of the vinegar and season well. Toss or mix, cover and leave to marinate for 20 minutes to 1 hour.
2. Make a dressing by combining the remaining lemon juice, olive oil, cider vinegar, honey and the mustard with a good pinch of salt and freshly ground black pepper.
3. Fold the walnuts through the maple syrup and roast for 10 minutes and allow to cool.
4. Arrange the beetroot slices on a serving plate, slightly overlapped in a spiral pattern, then scatter the rocket over. Drizzle over the dressing, crumble over the goat's cheese and scatter with the chopped walnuts and lemon zest.