

Farm Fresh Salad with Herb Vinaigrette

Recipe By Gabe Garcia



Cooking and Prep:  12
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Serves:  6

Contains:  

Preference: Parve

Difficulty: Medium

Diet: Vegetarian, Pescetarian,
Vegan

Source: Kosher.com

Exclusive

The hardest part of a restaurant is showcasing each vegetable to its best, at the same time honoring the hard work and care that went into its growth. Here is a simple, beautiful spring salad that showcases each ingredient at its best. Learn how to prepare it by watching the [video here!](#)

Ingredients (21)

Salad

- 2 red beets, roasted and peeled
- 1 cup **Gefen Honey**
- 1 cup distilled vinegar
- 2 large carrots
- 1/2 a baguette

- Gefen Extra-Virgin Olive Oil
- 4 garlic cloves
- 1 cup fennel fronds
- 2 cleaned fennel bulbs
- 2 candy striped beets
- 2 speckled trout lettuces
- 1 green baby gems lettuce
- 1 red baby gems lettuce

Herbed Vinaigrette

- 2 tablespoons chopped oregano
 - 4 tablespoons chopped parsley
 - 2 tablespoons Gefen Honey
 - 1/4 cup Kedem Red Wine Vinegar
 - 1 teaspoon lemon zest
 - 3/4 cup Gefen Extra-Virgin Olive Oil
 - salt, to taste
 - pepper, to taste
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Start Cooking

Prepare the Salad

1. The day before, pickle two roasted and peeled beets in equal parts honey and distilled vinegar for five hours. Once done, thinly slice.
2. Peel carrots. Blanche in boiling salted water for two minutes, then shock in ice water. Shave the carrots into long ribbons using a vegetable peeler.
- 3.

Cut the baguette into 1/4-inch slices. Make a flavored oil of smashed garlic, fennel fronds, and salt. Spread the oil over the bread and grill.

4. To make the dressing, combine fresh chopped oregano and parsley with two tablespoons honey, red wine vinegar, and lemon zest. While whisking slowly, add 3/4 cup extra virgin olive oil. Lastly add salt and pepper to taste.
5. Using a mandolin, thinly slice the fennel and candy striped beets.
6. Cut the core and pull apart the heads of lettuce into leaves. Place the leaves in a bowl and season them with oil, salt, and cracked pepper.
7. Plate the pickled beets, lettuce leaves, herbed bread, carrot ribbons, shaved fennel and candy beets, and the herbed vinaigrette.