

Red Gem Lettuce with Roasted and Pickled Vegetables with a Maple Garlic Dressing

Recipe By Kolev Klein



Cooking and Prep:  1 h

Serves:  4

Contains: 

Preference: Parve

Difficulty: Medium

Diet: Vegetarian, Pescetarian,

Gluten Free

Source: Kosher.com

Exclusive

A salad of fresh greens salad, roasted and pickled carrots, and pickled candy stripe beets, topped with a sweet and sour maple garlic mayo dressing. Serve with [Surprise Steak with a Spicy Rub](#) and [Corn Salad](#).

[Click here to watch the entire show!](#)

Ingredients (17)

Maple Garlic Dressing

- 4 tablespoons [Gefen Maple Syrup](#) (do not use pancake syrup)
- 3 tablespoons red wine vinegar
- 2 tablespoons [Gefen Coconut Milk](#)
- 1 tablespoon garlic powder
- 1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 cup mayonnaise

Roasted Carrots

1 bunch fresh carrots

3 tablespoons olive oil

1 teaspoon salt

1/4 teaspoon pepper

Pickled Carrots and Beets

1 cup vinegar (use gluten-free if needed)

1 cup sugar

1/2 cup water

12 small garden carrots or 6 regular carrots, cut into sticks or sliced thin

3–4 candy stripe beets, thinly sliced

For Serving

2 heads red gem and 1 head frisee lettuce

Start Cooking

Prepare the Dressing

1. Thoroughly mix all ingredients until it becomes a very smooth dressing.

Prepare the Roasted Carrots

1. Preheat oven to 400 degrees Fahrenheit.
2. Peel carrots and toss with olive oil salt and pepper. Roast until just tender, about 15 minutes depending on the size of the carrots.

Prepare the Pickled Carrots and Beets

1. Prepare the pickling liquid. Mix vinegar, sugar, and water vigorously until the sugar is dissolved.
2. Add carrots and beets to the pickling liquid. Let sit for at least 45 minutes to an hour. (Can pickle for longer if desired.)

To Assemble

1. Lay the lettuce in a wide serving bowl or individual plates.
2. Top with roasted carrots and pickled vegetables. Drizzle Maple Garlic Dressing over. Serve immediately.

SKILL'IT

Skill'it is a thrilling and innovative kosher cooking competition, featuring four chefs battling to impress the judges and prove their skills by meeting a series of cooking challenges.