



# Roasted Beet & Grapefruit Salad

with Pistachio-Citrus Dressing

Serves 4

4 golden beets  
4 red beets  
2 tablespoons extra-virgin olive oil  
3 sprigs thyme  
4 sage leaves  
3 cloves garlic, peeled  
1 cup hot water  
Kosher salt

2 red grapefruits  
1 quart wild arugula

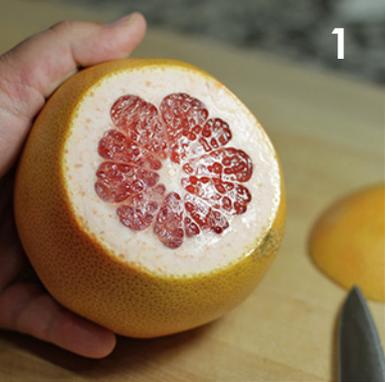
1/3 cup unshelled pistachios, roasted  
1 teaspoon Dijon mustard  
1/4 cup fresh grapefruit juice  
1/3 cup extra-virgin olive oil  
1/2 teaspoon salt

FOR THE BEETS: Preheat an oven to 350° F. Trim any excess greens from the beets and clean them thoroughly. Line a roasting pan with parchment paper for easy cleanup later. Toss the beets with olive oil to coat and add them to the pan along with the garlic, sage, and thyme. Rain generously with kosher salt and add 1 cup of hot water. Cover the roasting pan tightly with foil and place in the oven. Begin checking the beets for doneness after approximately 35-40 minutes (be wary of escaping steam). The beets are done when a knife slides in without resistance and the beets slide right off. Remove the pan from the oven and allow the beets to cool until they can be handled comfortably. Using a paper towel, rub the skin off the beets and set aside to cool completely.

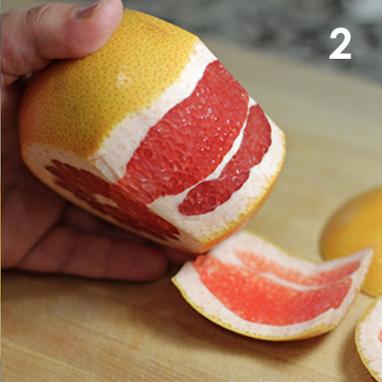
FOR THE GRAPEFRUIT: Cut the skin and pith away from the grapefruit. Start by slicing off the top and bottom of the fruit and then cutting off the sides using a curved motion and a sharp knife. Once the peel is removed, follow the segment lines, making cuts inside the pith on both sides to remove peeled wedges or supremes (pronounced sue-prem) from the grapefruit. When finished with eat fruit, squeeze the remaining pith over a bowl to capture the remaining juice. Set both the wedges and juice aside.

FOR THE DRESSING: Combine the pistachios, mustard, and juice in a food processor and pulse until combined. With the food processor running, slowly drizzle in the olive oil to make an emulsified dressing, stopping occasionally to scrape down the sides with a spatula.

TO FINISH: Cut the beets into wedges with approximately the same dimensions as the grapefruit supremes. Coat the beets by tossing them in a bit of the dressing. Arrange the beets and grapefruit pieces in a circle on the plate. Toss the wild arugula with enough dressing to lightly coat the leaves and pile them in the center of the wedges.



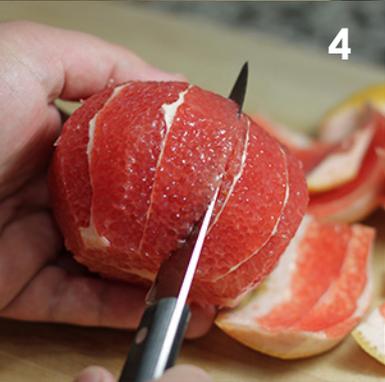
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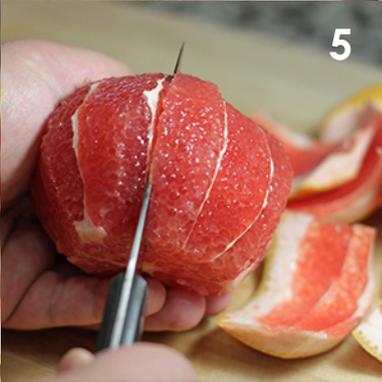
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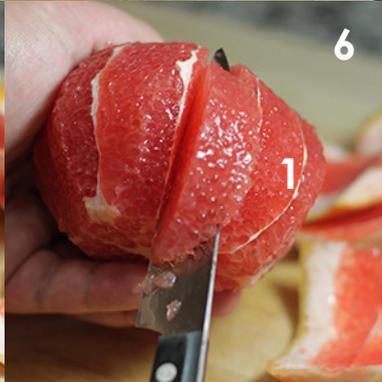
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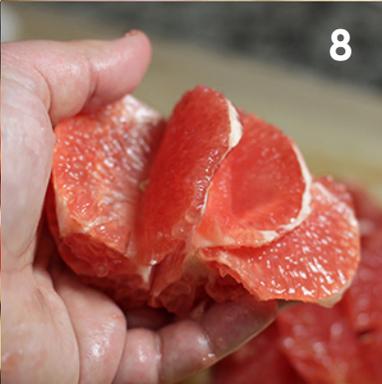
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## Citrus Supremes

Citrus *supremes* are fruit segments free of pith, rind, and seeds. It is labor intensive but genuinely improves the quality of the finished dish. Below is a step-by-step guide:

1. Slice off the top and bottom so that it will sit stably on the cutting board.
2. Following the fruit's curve with your knife, remove the rest of the peel.
3. Trim any remaining pith until the entire surface is clear.
4. Using the lines of pith as a guide, carefully cut down the segment.
5. Repeat on the opposite side of the segment.
6. If the segment does not slide loose, carefully cut deeper along the base.
7. The finished supreme should be completely clean of pith.
8. Repeat until only pith with bits of fruit still attached remains.
9. Squeeze the remaining fruit to extract the juice.