COOKING PASSION SINCE 1877



Colourful Winter Salad

DIFFICULTY: EASY

PREPARATION TIME: 25MINS

COOKING TIME: 25MINS

SERVES: 6

Ingredients

Salad
1–2 parsley roots or parsnips
2 yellow carrots
1 large carrot
2 deep purple carrots
1 small Chioggia beetroot
200 g autumn lettuce (e.g. lamb's lettuce, endive, chicory)
10 walnut halves
2 tablespoons sugar

Dressing
2 tablespoons walnut oil
2 tablespoons rapeseed oil
2–3 tablespoons walnut or white wine vinegar
Herb salt
Freshly ground black pepper

Method

Peel the root vegetables. Cut the parsley root into small cubes. Cut the yellow carrots and regular carrot into fine sticks. Using a vegetable slicer, slice the purple carrots and Chioggia beetroot thinly. Rinse the lettuce, drain and, if desired, cut into bite-sized pieces.

In salted water, cook the parsley root, yellow carrots and regular carrot separately until each is crisp-tender. Drain, plunge into cold water and drain again.

In a pan, caramelise the sugar. Add the walnuts and coat with sugar. Transfer the walnuts to an ovenproof dish and let cool.

Combine all the salad dressing ingredients and season to taste. Arrange the salad in a large bowl and drizzle with dressing.

Crumble the walnut halves and sprinkle on top.

Notes

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