

Recommended Pairing: 2021 Le Dessein

Ingredients

- 2 lbs – Beets
- 2 – Oranges, Zested
- 1 Tbs – Allspice Berry
- 1 Tbs – Fennel Seed
- 1 – Cinnamon Stick
- 1.5 Cup – Extra Virgin Olive Oil
- 1/3 Cup – Sherry Vinegar
- 1 – Shallot
- 1 Cup – Packed Mint Leaves
- 2 – Fennel Bulbs
- 1/3 Cup – Orange Juice
- Salt to Taste
- White Pepper to Taste

Instructions

Serves 4-6

Approximate total time: 3.5 hours

Working time: 30-45 minutes

- Preheat the oven to 375°F
- Top, tail, and wash the beets, then place in a casserole dish or baking dish. Add enough water to cover the bottom by about 1/2 an inch. Add zest from one orange and the spices, cover with foil and bake in oven for about two hours or until a skewer easily pierces through the beet.
- While beets are in the oven, make the marinade by finely dicing the shallot and combining with olive oil, sherry vinegar, salt, and white pepper, then reserve.
- Prep the fennel by removing any green fronds and the core, and then shaving thinly on a mandoline.
- Zest the second orange and use a chef knife to remove the rinds and outer layer of white membrane. Then, with a paring knife, carefully cut between segments to remove them individually, and reserve with juice and zest.
- Pick mint leaves.
- When beets are ready, allow them to cool in the pan with foil peeled back a bit to vent. When one can handle them comfortably, use gloves to peel the beets, then cut into 1" cubes and combine with marinade, then refrigerate.
- To put it all together, place chilled beets and some marinate in bottom of serving dish, combine shaved fennel, orange segments, orange juice, orange zest, mint leaves, olive oil and salt in a mixing bowl, loosely fold together then place on top of beets, pour some of the extra dressing over the top.