



ROASTED BEET-GARLIC-WALNUT PATE

2 large beets, washed
4 garlic cloves, unpeeled
1/2 cup walnuts, chopped
1 boiled potato, chopped
2 T olive oil
1 T balsamic vinegar
1/2 t sea salt

Preheat oven to 350

To cook beets and garlic: in covered pot, preferably a cast iron Dutch oven, lightly oil the beets, and place in oven with 1/4 c filtered water. Set timer for 45 minutes. When timer goes off, take off the lid and drop in the garlic cloves, re-cover, and set timer for 15 minutes.

At 60 minutes the beets and garlic should be perfectly done. Allow them to cool, slip off the bitter beet skins, and extricate the garlic from their skins too.

In a food processor, combine all ingredients and process until smooth.

This is a really magnificent alternative to hummous – the walnuts give it body and character, and roasting the garlic takes the edge off (perhaps more than you want – using raw garlic would be fine, but I would use just one clove in that case). This is a modification of a Madhur Jaffrey recipe.

Note: serve on crackers or toasted French Meadow sourdough rye bread. A dollop of horseradish only adds to the treat.

Tools:

Cuisinart

Dutch oven

Rubber scraper

Joyful cooking.

Healthy eating.

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