

Chef's Table: July '10

## **The Horse & Groom's warm beetroot & puy lentil salad with rocket & ricotta**

*This hearty and wholesome summer salad makes an easy yet substantial lunch when you're entertaining guests, says The Horse & Groom's award-winning head chef, Will Greenstock. Here's how to do it...*

**Serves 4**

### **Ingredients**

- 500g raw beetroot, washed but not peeled
- 3 tbsp extra virgin olive oil, plus a little extra for garnishing
- 1.5 tbsp balsamic vinegar
- 1 small shallot, finely sliced
- 150g puy lentils
- 1 bay leaf
- 2 cloves garlic
- 100g wild rocket
- 200g ricotta
- 20g flat leaf parsley, leaves chopped, stalks reserved

### **Method**

1. Cook the beetroot in a steamer for 40-45 mins, or until tender (if you don't have a steamer, cook the beetroot in salted simmering water for the same amount of time). To test if they are cooked insert a knife into the centre – if there is no resistance they are ready.
2. Whilst the beetroot is steaming, cook the lentils. Place them in a saucepan, cover with cold water and add the bay leaf, parsley stalks and whole garlic cloves. Bring to the boil and simmer until just cooked (15-20 mins). Puy lentils should still hold their shape when cooked.
3. Once cooked, remove the beetroot from the steamer and set aside to cool slightly before peeling (the skins should just rub off in your hands, but you may want to wear gloves to prevent staining!). Cut the beetroot into wedges, then place into a bowl with the olive oil, balsamic vinegar and shallot. It's important that the beetroot is still warm so that it will absorb the flavours of the dressing. Mix well, then season with salt & pepper. Add the cooked lentils and mix together.
4. To serve, divide the beetroot & lentil salad among 4 plates. Crumble the ricotta over the top, then sprinkle over the chopped parsley. Finally, scatter the rocket over the top along with a final drizzle of olive oil.

**To drink - Quinta da Lagoalva Castelao Touriga Nacional £9.99**

Matt Cowan from Vinology says: *"This is extremely fruity and smooth with nice touches of savoury spice. A very well put together blend of local Touriga Nacional and Castelao sourced from vineyards north of Lisbon."*