

Recipe from FormerChef.com

Beet, Fennel and Arugula Salad

6 oz gold beets, roasted and sliced
6 oz red beets, roasted and sliced
1/2 fennel bulb, sliced thinly
1 ea shallot, sliced thinly (about 1 oz)
1 oz fresh arugula
1 oz good quality extra virgin olive oil
1/2 oz good quality balsamic vinegar
sea salt and freshly ground pepper to taste

Serves 6

How to roast the beets:

Pre-heat oven to 350. Wrap the fresh, scrubbed clean beets in a foil package tightly and roast in the oven for 45 min-1 hour. Do not cut the beets first or all the juice will run out when they cook. When done, and cool enough to handle, peel off the skin of the beets. Hint; wear latex gloves unless you want your hands to be "beet red."

Slice off the ends off the beets and then cut them into thin circles, about 1/8 inch thick.

Cut the fennel bulb in half, cut off the top, and cut out the hard core and base of the bulb. Slice the fennel very thinly, as thin as you can with a knife, or you can use a [mandoline slicer](#) (I do). Slice the shallot very thinly.

Put a layer of arugula on the bottom of the plate. Place a layer of beets in alternating colors on top of the arugula and then a loose layer of fennel and shallots. Repeat with all ingredients, building up the salad in concentric circles.

Drizzle the salad with extra virgin olive oil and balsamic vinegar and sprinkle with sea salt and freshly ground pepper.