



Chef Julian Pancer's Fall Harvest Salad

with Green and Red Kale, Roasted Golden Beets, Maple-Glazed Carrots, Granny Smith Apple, Goat Cheese, Toasted Seeds, and a Maple Apple Cider Vinaigrette

Serves 4

Ingredients for salad

- 2 large bunches of kale, 1 red and 1 green
- 4-6 golden beets
- 2 medium carrots
- 1 Granny Smith Apple, thinly sliced in ½-inch length slices
- 1 cup goat cheese
- ½ cup mixture of sunflower and pumpkin seeds, raw and unsalted
- ½ tsp salt
- ¼ tsp ground cinnamon
- ¼ cup maple syrup
- 2 tsp fresh thyme, minced



Ingredients for vinaigrette

- 1 tsp grainy Dijon mustard
- 2 tsp shallot, minced
- 1 garlic clove, minced
- 2 tsp fresh mint, minced
- 2 tsp maple syrup
- ¼ tsp salt
- ¼ tsp ground black pepper
- 50ml apple cider vinegar
- 150ml Extra-Virgin Olive Oil

Directions

For the Kale:

1. Strip the kale from the thick stems and tear into smaller pieces.

For the Beets:

1. Preheat oven to 400F.
2. Cut the leaves off the beets and wash well. Wrap beets in an aluminum foil pouch (divided into separate pouches if there is a large variance in size). Place pouches on a parchment-lined baking tray and bake for 50-60 minutes, depending on size. Turn over half way through cooking. Beets are done when a paring knife slips in and out with ease.
3. Open the pouches and allow the beets to cool.
4. Peel beets by rubbing with paper towel.
5. Trim the stem off the top and bottom. Cut beets into ½-inch wedges and reserve.

For the Carrots:

1. Peel and cut carrots in 1-inch wedges, similar to the shape of the beet wedges.
2. Place carrot pieces in a medium pan with 2 cups of water. Simmer carrots on medium heat until tender (you may need to add more water while cooking).
3. Once the water has dissipated, add ½ tsp salt, ¼ tsp ground cinnamon, ¼ cup maple syrup, and 2 tsp fresh minced thyme to the pan.
4. Continue cooking while folding the carrots until they are nicely glazed and there is no leftover maple syrup in the pan. Reserve the carrots in a bowl and the same pan for later.

For the Seeds:

1. In a small pan on low heat, toast seeds and stir until lightly golden brown.
2. Remove seeds from the pan and reserve.

For the vinaigrette:

1. Either by whisking or using a blender, blend all ingredients for the vinaigrette, except for the olive oil.
2. While whisking rapidly or blending, slowly pour in the olive oil and mix until emulsified.

To Complete the Salad:

1. Using the same pan as the carrots, on medium heat, add the carrots, beets, and vinaigrette and heat until warm.
2. Add the chopped kale and fold all ingredients together. Cook only until kale is slightly wilted.
3. Plate or platter the kale, carrots, and beets.
4. Garnish the salad with the sliced apple, toasted seeds, and crumbled goat cheese.
5. Serve immediately and enjoy!