



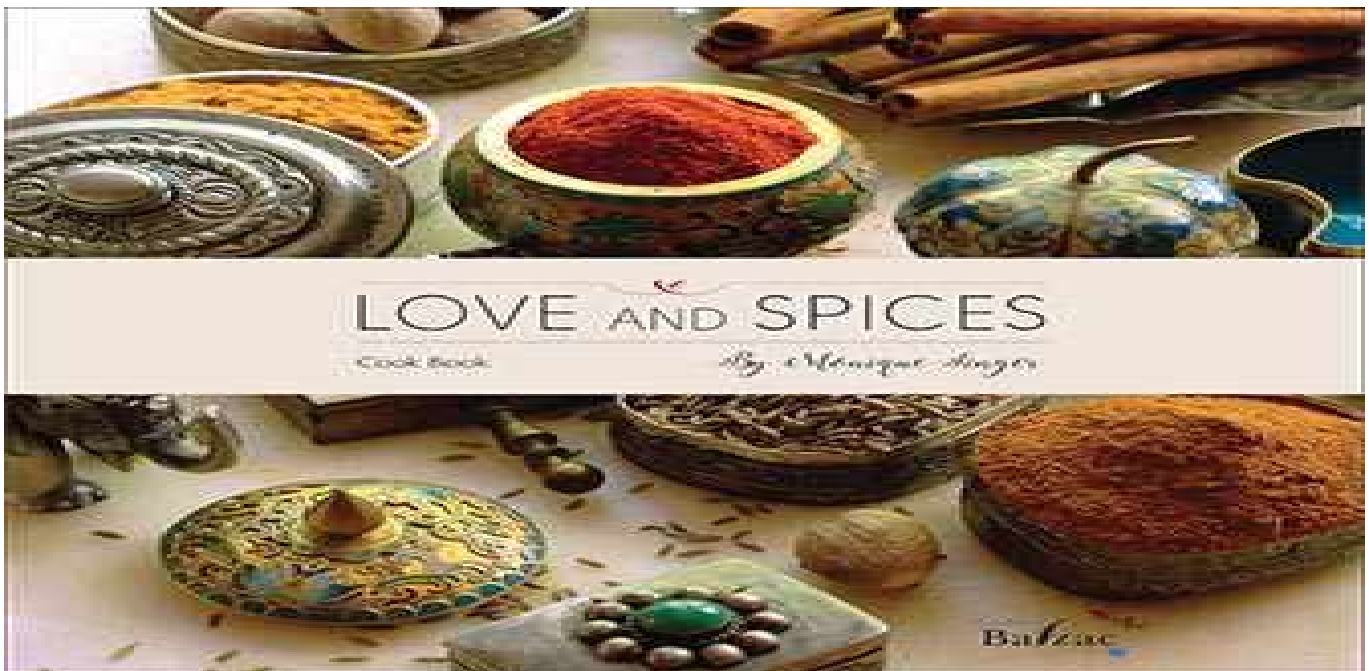
Love and Spices:
Caramelized Beet Carpaccio

Description

A lovely colourful springtime salad featuring beets and white asparagus

Recipe by **Monique Singer**

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Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.



Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

Caramelized Beet Carpaccio with White Asparagus

*The combination of beets and roasted asparagus tastes absolutely fabulous.
You'll enjoy this salad!*

Preparation time: 20 min | Cooking time: 1 hr | Preheat oven to 400°F/200°C | Yields: 4 servings

BEETS

- 3 medium-sized beets
- 1/2 cup avocado oil
- 1/2 cup / 125 ml water
- 1/4 cup / 60 ml balsamic vinegar
- 1/4 tsp sea salt
- Fresh ground pepper to taste
- A pinch of sugar

Wash the beets, brush off the skin and cut and discard both ends.

Place the beets in a small baking dish.

Add the vinegar, avocado oil, water, salt, pepper and sugar.

Roast for 1 hour, until tender.

Remove the beets from the oven, cool, and slice with a mandolin.

Arrange on a plate in a single layer.

ASPARAGUS

- 8 asparagus peeled, preferably white
- 2 tbsp avocado oil
- Salt, fresh ground pepper to taste
- ¼ cup preserved lemon, cut into very tiny pieces
- 1/2 tsp whole red peppercorns, for garnish

In a baking sheet lined with parchment paper:

Drizzle the asparagus with oil and roast at 400°F/200°C for 15 minutes.

Lay the asparagus on top of the beets.

Salt and pepper to taste.

Drizzle with dressing.

Garnish with the preserved lemon and whole red peppercorns.

DRESSING

- ¼ cup preserved lemon, cut into very tiny pieces



- 2 garlic cloves, crushed
- 2 tbsp parsley, freshly chopped
- 2 tbsp olive oil
- 1/4 tsp salt
- Freshly ground pepper
- Juice of a lemon

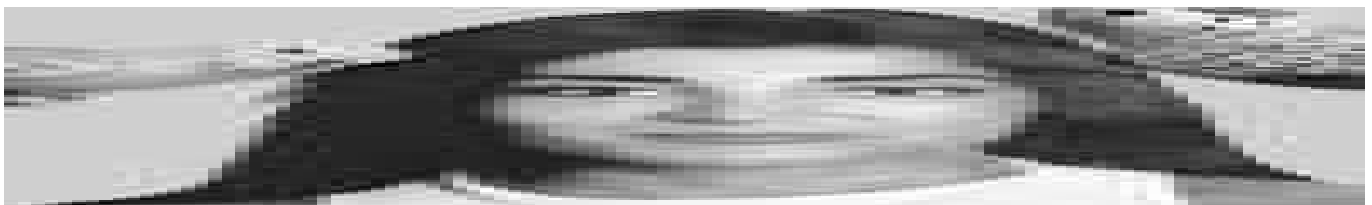
In a mixing bowl, stir in the olive oil, salt, pepper, garlic, parsley and lemon juice. Add the preserved lemon and set aside.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [Linkedln](#)



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