



Red Beet, Goat Cheese and Raspberry Napoleons

Description

Vacuum packed cooked beets make this delicious recipe a snap to make

Recipe and photos by **Josee Brisson**

Many of us are quite fond of red beets. However, the thought of having to cook and peel them horrifies even the most enthusiastic of cooks. Stained hands, beet juice on every surface of the kitchen... a daunting task indeed!

Red beets may be messy to prepare but they are definitely worth the effort. Not only are they absolutely delicious, they are also a great source of fiber, vitamins, minerals and antioxidants essential to good health.

You might find my using raspberries in this recipe a bit strange, but perfectly plump raspberries are delicious with red beets.

The good news is that you can now purchase vacuum packed, cooked beets in the refrigerated area of the produce section in most major grocery stores. These beets are cooked to perfection and will help keep finger staining to a minimum. Vacuum packed beets are ideal for this recipe as all you will need to do is slice them.

You can use your favourite goat cheese for this recipe, but again, wanting to keep this recipe user-friendly, I use one that comes in a tube. You simply snip a small hole with kitchen scissors, and voilà! You can quickly top each beet slice with the creamy and tart cheese.

You might find my using raspberries in this recipe a bit strange, but perfectly plump raspberries are delicious with red beets. Sweet, tart and juicy, they are a phenomenal, if unexpected combination.

I served these beautiful Napoleons with **Le Berceau 2015** by **Les Domaines Paul Mas**. This sparkling rosé from Languedoc-Roussillon has fine bubbles and is made with Grenache, Cinsault and Syrah. It is fruity, delightful and entirely refreshing.

Red Beet, Goat Cheese and Raspberry Napoleons



2 large

cooked red beets*
125 g tube of goat cheese
Half a small container of fresh raspberries
2 tablespoons of pine nuts, dry toasted
2 tablespoons of extra virgin olive oil
2 tablespoons of balsamic vinegar
2 sprigs of mint, leaves finely chopped
Pinch of sugar
Pinch of ground cumin
French grey salt
Freshly ground black pepper

Pine Nuts

In a non-stick skillet, dry toast the pine nuts until they become golden and fragrant. Move them often and do not leave them unattended as they will burn in a matter of seconds. Place them in a small bowl and set aside.

Vinaigrette

In a small jar with tight-fitting lid, pour the extra virgin olive oil and the vinegar. Add 6 berries and season with salt and pepper. Add the sugar, the cumin and the mint and shake vigorously. Set aside.

Napoleons

Slice each beet in 5 or 6 slices. Keep each beet stacked so it retains its original shape, and set aside.

Place bottom slices of each beet in two small plates and top with a thin layer of goat cheese. Top with second slices and repeat the process. Finish with beet slices. Decorate the plate with the remaining raspberries. Shake the vinaigrette and drizzle over the top of the Napoleons. Sprinkle with toasted pine nuts and serve immediately.

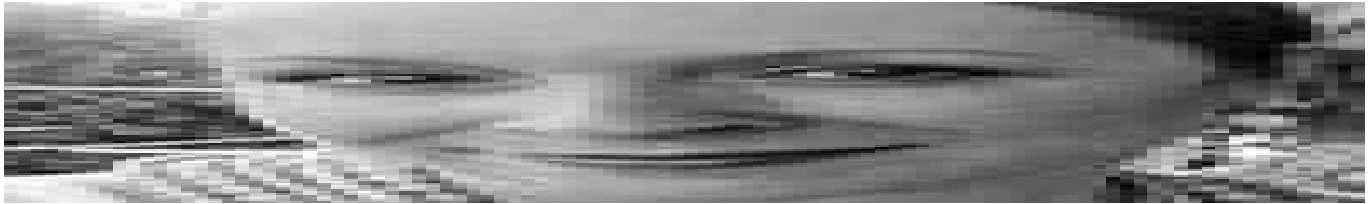
Bon Appétit!

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Josee Brisson is a culinary creator passionate about archaeology, mythology, history, literature, and the arts. She trained as a professional cook at *École Hôtelière des Laurentides*, in Sainte-Adèle, Québec. Among other food projects, she collaborated on two cookbooks with world-renowned food and wine expert François Chartier, and offered a Chef at Home service. Josee is also a translator, researcher and social media community manager. Her cookbook, *L'Apéro: Appetizers & Cocktails*, was #1 Best Seller in Appetizer Cooking at Amazon. Here's the link to [Josee's book](#).

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