

Beets and Cumin Salad

From Nelson's Kitchen
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This salad is by Tess Mallos in *The food of Morocco: a journey for food lovers*. I adopted the recipe to roast the beets instead of boiling them and I pickled the red onions to reduce their pungency. Also, I borrow a technique from India from raita and freshly toast the cumin seeds, crushing half of them and keeping the other half whole to sprinkle on top at the end.

Ingredients:

- 6 beets
- 1/3 cup of olive oil
- 1 tablespoon of red wine vinegar
- 1 teaspoons of cumin seeds
- 1 pickled red onion
- 2 tablespoons of chopped flat-leaf parsley

Procedure:

1. Prepare the beets

- Heat oven to 350 degrees.
- Wash the beets well.
- Wrap beets in foil or brush with olive oil and place in small roasting pan.
- Roast until beets can easily be pierced with thin knife or trussing needle, about 1 hour for small to medium beets.
- Cool slightly and remove skins — wear latex gloves.
- Cut the tops and trim the roots.
- Halve the beets, cut in slender edges.

2. Dress the beets

- Put the cumin seeds in a dry cold skillet.
- Put the skillet over moderate heat and gently toast the cumin seeds until they are fragrant.
- Remove from the heat and immediately transfer the seeds to a small cool glass bowl to stop their cooking.
- Transfer half of the toasted seeds to a wooden cutting board.
- Using the bottom of a small cold pan crush the seeds on the cutting board until they are finely crushed.
- In a deep bowl, beat the olive oil with the red wine vinegar, the crushed cumin and a good grinding of black pepper.
- Add the beet wedges to the dressing and stir well.
- Add the parsley and toss well.
- Add the pickled onions and toss gently.
- Sprinkle with the 1/2 teaspoon of reserved toasted cumin seeds.
- Serve at room temperature.