

Beet Tartare

Serves 4 as a first course

The inspiration for this dish came from dinner at one of my favorite Charlotte restaurants: [The Fig Tree](#). It was my birthday, which meant that I had carte blanche over our shared appetizers. My husband avoids beets at all costs, but one gets certain liberties on one's birthday and all ended well as even he was scraping the plate with their version of this dish.

For the beets:

3 medium beets, washed and leaves trimmed
Olive oil, to taste
Salt, to taste

For the tartare:

4 teaspoons drained capers
1 tablespoon minced red onion
1 tablespoon grated fresh horseradish (peel the root before grating)
1 tablespoon fresh lemon juice
2 teaspoon extra virgin olive oil
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 tablespoon minced fresh dill, more for garnish

Preheat the oven to 400°F. Place each beet on a square of foil and drizzle with a little olive oil. Season each beet with a generous pinch of salt. Wrap the beets in foil, enclosing them completely, and place them on a baking sheet. Bake until the beets are tender when pierced with a fork, about 1 hour. Cool slightly. Peel the beets and cut into a small dice. **Note:** When working with beets you should wear gloves to avoid staining your hands red.

In a medium bowl, combine the diced beets with the remaining ingredients for the tartare. Stir to combine and adjust seasonings as needed. Refrigerate until ready to serve. The tartare can be made up to one day ahead.

Before serving, taste the tartare and adjust seasonings if needed. You don't perceive salt as much in cold foods so the tartare may require a little more salt at this time.

For best presentation, place a round cutter or a round cylinder on a chilled, small plate and fill it with the beet tartare. Gently press down and then remove the mold to get a perfectly shaped mound of tartare. Repeat as necessary to get the desired amount of serving. Sprinkle minced dill over the tartare and serve immediately. If serving as an appetizer, the tartare could be shaped as described above or simply placed in a bowl and served with toast points. Enjoy!

This recipe came from *Minced* at www.mincedblog.com.