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HOW TO ROAST BEETS IN CONVECTION

When roasting beets in your Combi-steam oven in the Convection Steam mode, you could do them without foil as typically done in a conventional oven. Of course there are several ways to cook beets. They can be boiled in water until soft, cooled, and peeled. They can be peeled and chopped, tossed in oil, and roasted or they can be roasted whole. But believe me, using a Combi-steam oven will yield better results in a more practical manner.

Traditionally, when roasting whole beets recipes instructions say to wrap the beets in foil to retain moisture during the roasting process, if you were to roast whole beets in your Combi-steam oven in the Convection Steam mode, you could of course roast them without foil.

In this recipe for beet salad, I am peeling the beets, chopping them, and tossing them in oil before roasting. In order to stop the red beets from bleeding into the golden beets, I am keeping them separate on the roasting pan. To avoid staining from the beet juice I wear disposable gloves when handling red beets and prep them on a washable cutting board or rimmed baking sheet. Any way you prepare them beets they make a flavorful colorful addition to salads and pair beautifully with lamb and a sprinkling of feta cheese and fresh herbs.

Roasting the Beets

1 bunch golden beets, trimmed, peeled, and cut into wedges
1 bunch red beets, trimmed, peeled, and cut into wedges
3 tbsp olive oil
Kosher salt

Dressing

6 tbsp olive oil
2 tbsp olden Balsamic vinegar
Sea salt and freshly ground pepper to taste

Assembling the Salad

Mixed salad greens
½ shallot, thinly sliced
½ cup crumbled feta cheese
Sliced, roast lamb, cold or refreshed in the Combi steam oven

Preparation

Heat the oven in the combination Convection Steam mode 350°F.

Peel and chop the golden beets first. Place them in a mixing bowl and add enough olive oil to coat and give them a sprinkling of Kosher salt. Place them on one half of a rimmed baking sheet. Repeat the process with the red beets, and place them on the other side of the baking sheet.



Roasted Beets in Convection

Place the baking sheet in the heated oven and cook for 25 - 30 minutes until the beets have softened. The beets can be served warm or cooled and served with a salad.

To assemble the salad, toss the salad greens and shallots with the dressing. Gently fold in the golden beets and arrange the red beets and lamb around the salad. Top with the crumbled feta cheese.

Serves 2 - 4

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