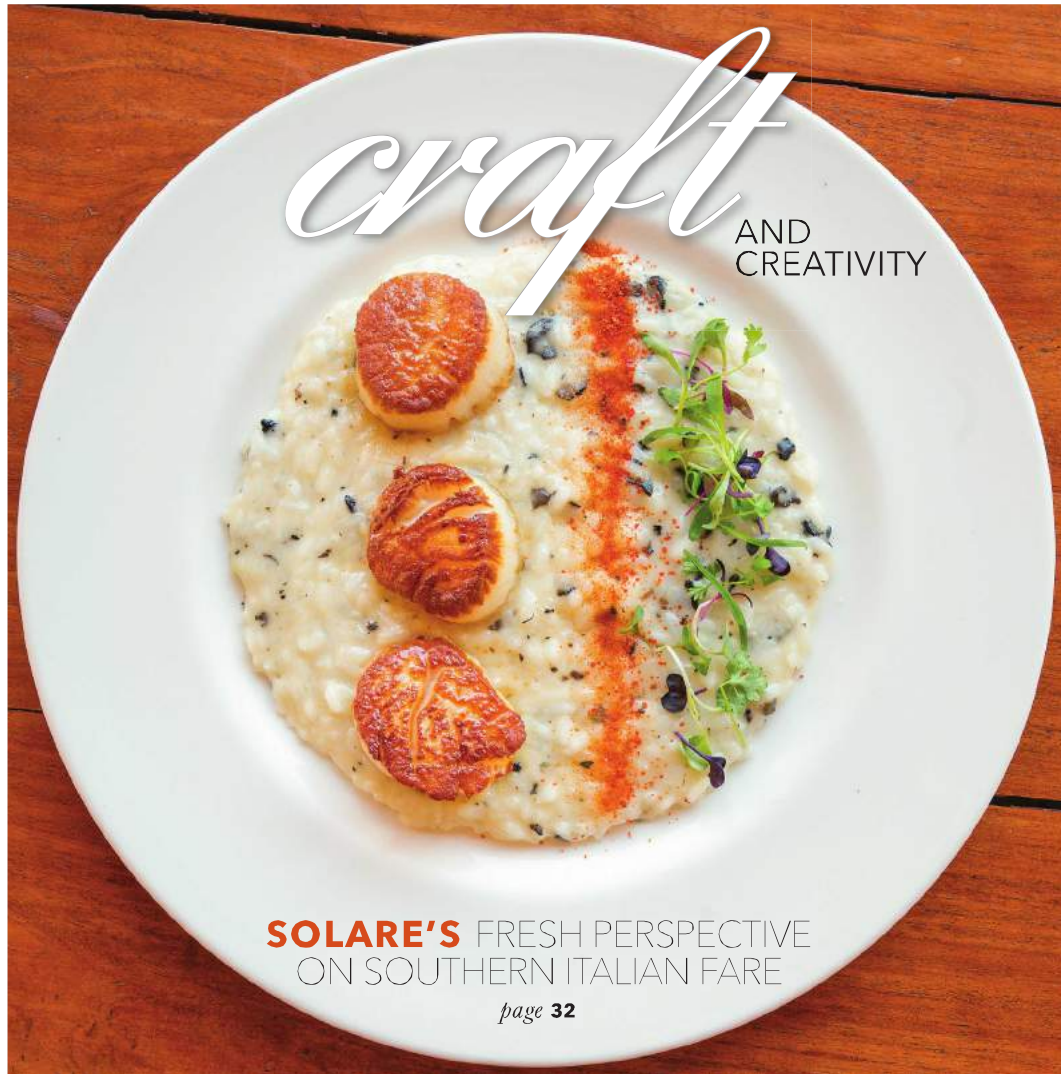


SAN DIEGO

Spring 2016

DINING OUT

the great restaurants of san diego



craft AND CREATIVITY

SOLARE'S FRESH PERSPECTIVE
ON SOUTHERN ITALIAN FARE

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TASTES AND TRENDS TO FEED YOUR INNER FOODIE

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\$4.95



DISPLAY UNTIL 6/21/16

THEIR RECIPES, **YOUR KITCHEN**

Roasted Beet Salad FROM UNION KITCHEN & TAP serves one

Ingredients

Maple vinaigrette dressing:

- 1/4 c maple syrup
- 1/2 c apple cider vinegar
- 2 Tbsp chipotle purée
- 1/2 shallot
- small bunch parsley, stems removed
- 1-1/4 c blended oil (half olive oil, half vegetable oil)

Salad:

- 2 oz red beets
- 2 oz striped beets
- 4 oz arugula
- 1/2 c candied almonds
- 1 Tbsp chiffonade mint
- 1/4 c blue cheese crumbles
- 1/2 oz shaved fennel

Method

For the dressing: Purée the first five ingredients in a blender. With the blender still running, slowly drizzle in oil until dressing is smooth. Cover and refrigerate.

For the salad: Heat oven to 400 degrees. Wrap beets in foil and roast until soft, about 1 hour. Cool beets slightly, remove from foil, and gently rub off skins. Cut the red beets into wedges and the striped beets into thin slices. Toss the arugula, beets, candied almonds, and mint with 2 ounces of vinaigrette. Garnish with blue cheese and fennel.

