

Roasted Root Vegetable Plate
with Sweet Potato Puree, Beetroot Meringue Air and Champagne Mustard
Vinaigrette

Recipe courtesy of Bren Herrera

Ingredients:

Avocado oil

1 medium sized butternut squash, partially peeled cut into 1/2" slices

1 medium boniato, peeled and cut

1 medium red beet, peeled and cut (keep beet stalk for later use)

1 medium golden beet, peeled and cut

1 head garlic

Kosher or sea salt for seasoning

Pepper for seasoning

10 spears of skinny asparagus

Fresh thyme

1/2 cup roasted pumpkin seeds

For the puree

1 boniato peeled, and cut into chunks

1 tablespoon heavy cream

1 teaspoon unsalted butter

For dressing

1/4 cup Champagne vinegar

2 teaspoons Dijon mustard

1 teaspoons honey

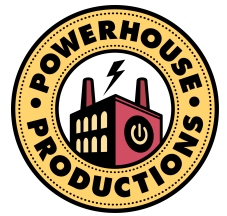
1/2 cup olive oil

For the beetroot meringue

1 egg white

4 tablespoons red beetroot liquid

1/4 cup white refined sugar



Method:

1. *For root vegetables:* Preheat the oven to 350 degrees.
2. Drizzle a baking sheet with avocado oil and arrange the butternut squash, sweet potato, beets and garlic half. Drizzle with oil and season with salt and pepper to taste.
3. Place in the oven to roast for about 35-40 minutes or until the vegetables are tender, but not mushy. About 10 minutes before taking the vegetables out, add the asparagus and thyme.
4. *For boniato purée:* Boil the boniato until tender and let cool slightly. Add boniato, heavy cream, and butter to the food processor. Pulse until well-blended and the mixture is really smooth and creamy. Transfer to a working bowl. If the texture is not creamy to your liking, adjust(with more heavy cream.
5. *For the dressing:* whisk together the vinegar, mustard, and honey in a medium bowl. Stream in the olive oil and continue whisking rapidly until a homogeneous mixture forms.
6. *For beetroot meringue air:* In the same processor (cleaned), add beetroot stalk and water. Liquify until you have a thin liquid. Add more water as needed.
7. In a medium size bowl add egg white. Hand whisk, slowly adding in sugar. When the mixture starts to thicken, slowly add beetroot juice. Continue beating until mixture starts to lightly stiffen and pique. Do not complete to make a full, stiff meringue. You will have a light pink or purple colored light and airy foam. Chill until ready to use. *Alternatively use a hand mixer or stand mixer.*
8. Spoon a generous amount of boniato puree onto the plate. Arrange roasted vegetables as you wish. Sprinkle with toasted pumpkin seeds, fresh thyme sprigs, and sea salt if needed or desired.
9. Drizzle with Champagne mustard vinaigrette and dollop with the beet meringue.