

## CAYSON DESIGNS

### FEATURED CHEF RECIPE

#### LAYERED BEETS, PRESERVED GREEN WALNUT AND BLUEBERRIES

BY CHEF TJ BOYLAND

##### **Beet Terrine**

##### **Ingredients:**

- 4-5 Large red beets, sliced thin on a mandolin

##### **Beet Glaze**

##### **Ingredients:**

- 250g Beet juice
- 125g Red verjus
- 125g Dry red wine
- 10g Powered apple pectin

##### **Green Walnut Puree**

##### **Ingredients:**

- 200g Prerved green walnut (see note)
- 400g Water
- 100g Sugar

##### **Dried Orange**

##### **Ingredients:**

- Zest of 2 oranges

Note: Green walnuts are preserved in late May to early June when the walnuts are still young and tender. They are punctured with a metal skewer and placed in a 5% salt brine for one week. After, they are strained and sun dried for two days. After being dried they are pickled with white wine vinegar, ginger, allspice, cinnamon and sugar. They are best when allowed to sit for 3-4 months before using. For the walnut pickle use a 2:1:1 pickle ratio (Water:Vinegar:Sugar). Spices are added to taste.

##### **Method:**

##### **Beet Glaze-**

Combine all the ingredients in small sauce pot except for the apple pectin and reduce by one third over medium heat. Quickly whisk in the apple pectin and gently simmer for a couple of minutes. To finish add salt, sugar, and lemon juice to taste

##### **Beet Terrine-**

Layer the slices of the beet into a third pan that has been sprayed with vegaline and then lined with parchment on all sides. Paint every layer with a thin coat of beet glaze. Reserve a small amount of beet

glaze for finishing the plated dish. Continue laying the beets until approximately halfway up the third pan. Line the top of the terrine with parchment and place a third pan on top with about 5 # of weight. Bake at 350F. Check after 2.5 hours. The beets should be just tender all the way through. Once cooked, allow terrine to cool completely before slicing.

**Preserved Green Walnut Puree-**

Cut the green walnuts in half and combine with water and sugar, cook until tender, strain and puree in blender. Pass the mixture through a fine sieve and set aside.

**Dried Orange-**

Peel an orange and then clean all the white pith off citrus and dehydrate for 24 hours, grind in a spice grinder and set aside.

**To Finish...**

After the terrine has cooled, unmold it. Slice into portions. Reheat and plate. Add some fresh berries (blueberry) to the beet glaze to sauce the plate. Sprinkle dried citrus. Preserved green walnut puree and nasturtium leaves.

**Plating:**

3-4 blueberries per person

3-4 nasturtium leaves per person