

# BEET TATAKI

Submitted by Chef Michael Mongiello at Parkview Regional Medical Center

**SERVES 8**

## INGREDIENTS

- 5 beets
- 1 ½ tbsp. vegetable oil
- 2 ½ tsp. kosher salt
- 5.6 grams kombu (dried sea kelp)
- 5.6 grams shiitake mushrooms, dried
- 1 ½ tsp. soy sauce
- ½ tsp. ginger, grated
- 3 oz. rice vinegar
- 2 ½ tbsp. sugar
- 2 ½ tbsp. sesame seeds, toasted
- 3 ⅓ tbsp. scallion, sliced

## PREPARATION

1. Preheat oven to 500°. Wash beets; remove and save tops. In a pot, cover beets with cold water. Bring to a simmer and cook until fork tender – about 45 minutes. Cool beets, then peel and save trimmings for dashi. Toss beets in oil and ½ tsp. Salt and roast for 12-15 minutes until caramelized. Cool beets and slice thin.
2. In a pot, cover rinsed kombu with water and bring to a simmer. Remove from heat and steep for 10 minutes. Add mushrooms and steep for 10 minutes. Remove mushrooms and kombu then add trimmings, ginger, and ½ tsp. salt to simmer for 5 minutes. Pass through a fine mesh sieve.
3. Dissolve sugar and 1 ½ tsp. salt in hot water then add vinegar. Cool liquid and pour over mushrooms, beet tops, and sesame seeds. Chill for 1 hour.
4. Place 4 oz. of sliced beets in the center of the plate, slightly fanned, and spoon over 3 tbsp. of dashi. Top with ½ cup of pickled salad and 2 tsp. sliced scallion.

