



Beet Salad with Cornbread Croutons and Country Ham

READY IN



45 min.

SERVINGS



6

CALORIES



724 kcal

SIDE DISH

Ingredients

- ☐ 6 servings aged balsamic vinegar
- ☐ 12 inch baby beets assorted trimmed (preferably colors)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 bay leaves
- ☐ 6 tablespoons butter divided ()
- ☐ 1 cup buttermilk
- ☐ 0.3 cup flour white

- ☐ 6 servings kosher salt
- ☐ 1 cup cornmeal
- ☐ 3 ounces country ham very thinly sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large eggs
- ☐ 6 servings fleur del sel
- ☐ 5 ounce goat cheese fresh crumbled soft
- ☐ 0.5 cup grapefruit juice fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 lemon zest yellow cut into thin 2-inch-long strips (part only)
- ☐ 6 servings olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 1 orange zest cut into thin 2-inch-long strips (orange part only)
- ☐ 4 teaspoons parsley fresh italian minced chopped
- ☐ 6 tablespoons vegetable oil; peanut oil preferred
- ☐ 1.5 teaspoons pepper black
- ☐ 6 servings peppercorns black
- ☐ 2 tablespoons sorghum syrup
- ☐ 3 small onion sweet (such as Vidalia or Maui; 1 pound)
- ☐ 6 large thyme sprigs fresh
- ☐ 0.8 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

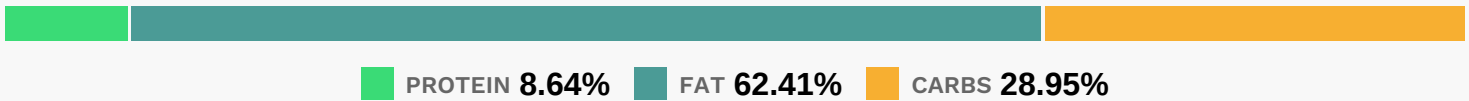
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix first 6 ingredients in 13x9x2-inch glass baking dish.
- ☐ Add beets and toss to coat. Cover with foil and roast until beets are tender, about 45 minutes. Cool; peel.
- ☐ Place 9- or 10-inch-diameter cast-iron skillet in oven; preheat to 400°F.
- ☐ Whisk first 5 ingredients in medium bowl. Melt 4 tablespoons butter.
- ☐ Whisk melted butter, buttermilk, and egg in another medium bowl.
- ☐ Add wet ingredients to dry ingredients; whisk batter to blend.
- ☐ Place 2 tablespoons butter in hot skillet; swirl to coat.
- ☐ Add batter.
- ☐ Bake until top is golden and tester inserted into center comes out clean, 18 to 20 minutes. Cool in skillet. DO AHEAD: Can be made 1 day ahead. Cover; store at room temperature.
- ☐ Add enough water to small saucepan to measure 1 1/2 inches; bring to boil.
- ☐ Add orange peel. Blanch 1 minute; drain. Repeat blanching procedure with lemon peel; reserve lemon peel for serving. Return orange peel to same pan and add orange juice, grapefruit juice, and sorghum syrup. Bring to boil, reduce heat to medium-low, and simmer until reduced to generous 1/3 cup, about 20 minutes.
- ☐ Whisk lemon juice and mustard in medium bowl; whisk in oil.
- ☐ Whisk in orange-grapefruit reduction. Season vinaigrette with salt and pepper. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat broiler. Line small baking sheet with foil.
- ☐ Place onion slices with rings intact on sheet.
- ☐ Brush with oil; sprinkle with coarse salt. Broil onions until browned, watching closely to prevent burning, about 10 minutes. Turn and broil until browned, about 5 minutes longer.

- ☐ Reduce oven temperature to 375°F.
- ☐ Cut cornbread into 1/2-inch cubes. Spray rimmed baking sheet with nonstick spray.
- ☐ Spread cornbread in even layer on prepared sheet. Toast until golden brown around edges, turning occasionally, about 35 minutes.
- ☐ Reduce oven temperature to 350°F. Line rimmed baking sheet with parchment paper. Arrange ham in single layer on prepared baking sheet. Top with another sheet of parchment paper, then another rimmed baking sheet to press ham. Roast until ham is crisp, 10 to 20 minutes, depending on thickness of ham.
- ☐ Remove top baking sheet and parchment paper. Cool. Break ham into bite-size pieces.
- ☐ Whisk 4 teaspoons minced parsley into vinaigrette.
- ☐ Mix in reserved lemon peel. Quarter beets. Toss with some of vinaigrette (if using assorted colors, toss in separate bowls).
- ☐ Sprinkle with fleur de sel and cracked black pepper. Separate onion rings. Divide rings among plates in single layer. Arrange beets in and around onion rings.
- ☐ Sprinkle goat cheese over. Scatter ham and croutons over.
- ☐ Sprinkle fleur de sel and 1 tablespoon chopped parsley over.
- ☐ Drizzle with some of remaining vinaigrette and aged balsamic vinegar.
- ☐ * A syrup made from the cooked juice of sorghum cane; available at specialty food stores and at muddypondsorghum.com.
- ☐ ** A type of sea salt; available at some supermarkets and at specialty food stores.

Nutrition Facts



Properties

Glycemic Index:117.25, Glycemic Load:20.09, Inflammation Score:-9, Nutrition Score:19.244782572207%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Kaempferol: 1.89mg,

Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg

Nutrients (% of daily need)

Calories: 723.62kcal (36.18%), Fat: 50.97g (78.42%), Saturated Fat: 17.16g (107.23%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 47.58g (17.3%), Sugar: 17.91g (19.9%), Cholesterol: 85.16mg (28.39%), Sodium: 946.61mg (41.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.77%), Vitamin C: 33.47mg (40.56%), Vitamin E: 4.94mg (32.92%), Manganese: 0.63mg (31.62%), Phosphorus: 302.63mg (30.26%), Vitamin B6: 0.55mg (27.37%), Vitamin B1: 0.37mg (24.6%), Fiber: 5.63g (22.52%), Folate: 85.23µg (21.31%), Copper: 0.42mg (21.05%), Vitamin B2: 0.35mg (20.75%), Selenium: 13.57µg (19.38%), Calcium: 191.77mg (19.18%), Iron: 3.32mg (18.44%), Magnesium: 70.56mg (17.64%), Vitamin A: 824IU (16.48%), Potassium: 575.77mg (16.45%), Vitamin K: 14.25µg (13.57%), Zinc: 2.03mg (13.53%), Vitamin B3: 2.45mg (12.23%), Vitamin B5: 0.99mg (9.94%), Vitamin B12: 0.42µg (6.96%), Vitamin D: 0.88µg (5.87%)