

Beet and Kasha Salad (“The Splendid Grain” Rebecca Wood)

In this salad I use yellow beets, which have a milder flavor than the red. As is typical of a Russian salad, this one is bound with mayonnaise and elaborately arranged.

Serves 4

1 cup mayonnaise

¼ cup Dijon mustard

1 Tbsp bottled horseradish, well drained

sea salt to taste

2 ½ cups steamed Kasha (buckwheat groats)

½ cup finely chopped dill pickle

½ cup minced red onion

¼ cup finely chopped fresh mint

4 cups chopped crisp lettuce

2 cups diced cooked yellow beets (if you use red beets, assemble the salad within an hour of serving to avoid beets' color bleeding. Or substitute rutabaga)

½ cup diced cooked carrots

½ cup sliced sugar snap peas or snow peas

2 hard boiled eggs, sliced

6-8 cherry tomatoes

extra virgin olive oil

herbed vinegar

freshly cracked black pepper

Whisk together the mayonnaise, mustard, horseradish, and salt. Stir in the Kasha, pickle, onion, and mint.

Mound the buckwheat mixture in the center of a serving platter or on individual salad plates. Place chopped lettuce around the edge. Arrange beets, carrots, peas, egg slices and cherry tomatoes on the lettuce. Drizzle the olive oil and vinegar over the vegetables. Sprinkle with black pepper. Serve.