

CULINARY DISCOVERY PAVILION

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MidwestLiving
A DOTDASH MEREDITH BRAND

SALAD RUSSE

Recipe by: Omar Tate, Cybille St.Aude-Tate and Jan Miller

Country: Haiti

CARROTS

Ingredients

- 2 medium carrots, peeled, halved lengthwise, and sliced (3/4 cup)
- 3 TBSP orange juice
- 2 tsp. agave nectar or honey
- 1/2 tsp. salt

DRESSING

Ingredients

- 3TBSP orange juice
- 1 egg yolk
- 4 tsp. white vinegar
- 1 TBSP worcestershire sauce
- 2 1/2 tsp. dijon mustard
- 1 tsp. agave nectar or honey
- 1 small garlic clove, smashed
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1 3/4 cups canola oil

INSTRUCTIONS

1. For carrots, in a resealable plastic bag combine carrots, the 3 TBSP orange juice, 2 tsp. agave nectar, and 1/2 tsp. salt. Squeeze out as much air as possible, seal bag, and let stand at room temperature while preparing dressing and salad, about 1 hour. Drain before adding to salad.
2. For dressing, in a blender container combine 3 TBSP orange juice, the egg yolk, vinegar, Worcestershire sauce, mustard, the 1 tsp. agave nectar, the garlic, 1/2 tsp. salt, and the pepper. Cover; blend on low until smooth. With blender running on low, slowly add oil through the feed tube in a steady stream until mixture thickens, stopping to scrape down sides as needed. Transfer to a bowl. Cover; chill until ready to use.
3. For salad, in a large saucepan combine potatoes, 1/4 tsp. salt, and enough cold water to cover. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until potatoes are just tender. Drain well; cool slightly.
4. In a large bowl combine 1 cup of the dressing, the red onion, parsley, relish, and green onions. Stir in potatoes, drained carrots, and beets. Fold in eggs. Cover; chill at least 1 hour before serving. If you like, serve with remaining dressing.

Note: Since dressing is not cooked, we recommend using an egg yolk from a pasteurized-in-shell egg for this recipe.



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