

Spinach, Fetta and Beetroot Chip Salad

Season: Summer/Autumn

Type: Salad

Difficulty: Medium

Serves: 15-20 or 30-40 small tastes

Fresh from the garden: Beetroot, herbs

Recipe source: Various

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Mandolin • Baking trays (4 or more) • Baking paper • Salad Spinner • Jar for dressing • Serving Bowls (one each per table for salad and beetroot chips) 	<ul style="list-style-type: none"> • 4 to 6 Beetroot (depending on size) • Approx. 300g Spinach leaves (two large bags) • 300g Fetta cheese • 100ml Balsamic vinegar • 100ml Extra Virgin Olive oil • Oil spray • 1 tablespoon chopped Basil • ½ tablespoon chopped Oregano • Salt • Pepper

What to do (Beetroot Chips):

- Pre-heat oven to 180C – put up to four racks in if possible
- Place baking paper on trays
- Peel beetroots and slice thinly using a mandoline (**Helper needs to do this**), arrange on baking tray in a single layer – they should be about 1mm thick (i.e. really thin) or it doesn't really work
- Spray each sheet with oil, then sprinkle with salt
- Bake for 10 minutes, then check each tray, removing the slices that are drying around the edges and placing on a wire rack until crisp, then loosely drop in a bowl
- Check again after a few minutes following the same process, and check again until all the chips are cooked.
- Keep the beetroot chips in serving bowls and use as a garnish for the salad

What to do (Spinach & Fetta):

- While the beetroot chips are baking wash and spin the spinach leaves and place in serving bowls for each table.
- Mix the olive oil, balsamic vinegar, oregano and basil with salt and pepper in a jar to make the dressing.
- Just before serving crumble the fetta over the spinach evenly and pour over the dressing.

Notes:

You can make chips with most vegetables cut very thinly, this works well with sweet potato, pumpkin or of course potato.

We have done a higher temperature for class to get them crisp quickly, but to make it easier at home try cooking them at about 120C for 30 minutes to an hour. It works best in a fan forced oven, and put a wooden spoon in the oven door (to hold it ajar) if you are still waiting for them to crisp up as this lets the moisture out.