

# MARYLAND FARM & HARVEST

"The Local Buy" Recipe, Episode 806

## **Bouquetiere of Fresh Roasted Vegetables**

*Courtesy of City-Hydro*

### **Roasted Vegetables**

#### *Ingredients*

- 4 medium red beets
- 2 medium acorn squash
- 8 medium carrots
- 8 large button mushrooms
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt, divided, or to taste
- 1 teaspoon black pepper, divided, freshly ground, or to taste



Serves four.

#### *Directions*

1. Preheat oven to 350 degrees.
2. Wash acorn squash, carrots, and red beets well.
3. Peel carrots and red beets.
4. Cut each acorn squash in half crosswise. Discard seeds and membrane. Then cut into quarters crosswise.
5. Place acorn squash quarters on an extra virgin olive oiled sheet pan, skin side down. Rub flesh with oil. Sprinkle with  $\frac{1}{4}$  teaspoon salt and pepper.
6. Cut red beets into halves, rub with olive oil, and sprinkle with salt and pepper.
7. Rub peeled whole carrots with olive oil and sprinkle with salt and pepper.
8. Rub whole button mushrooms with olive oil and sprinkle with salt and pepper.
9. Roast acorn squash and red beets for 15 minutes.

10. Add carrots and roast for another 20 minutes.
11. Add mushrooms and roast for another 10 to 15 minutes, until all the vegetables are tender. (Large red pepper for the Roasted Red Pepper Coulis can be added in the last 15 minutes of roasting as well.)
12. Remove vegetables from the oven. Salt and pepper to taste.

## **Marinated Black Radishes**

### *Ingredients*

- 4 tablespoons white balsamic vinegar
- 2 medium black radishes, peeled and trimmed
- 1 medium shallot, sliced paper-thin
- 1 tablespoon pure cane sugar
- ½ teaspoon Kosher salt

### *Directions*

1. In a medium-sized bowl, whisk together the white balsamic vinegar, pure cane sugar, and olive oil.
2. Grate the radishes on a grater with small holes.
3. Add the grated radish and the shallot to the vinaigrette and toss so all the ingredients are thoroughly combined. Season with kosher salt as needed.
4. Let stand for 15 minutes before serving.

## **Roasted Red Pepper Coulis**

### *Ingredients*

- 1 large roasted red pepper
- 2 teaspoons extra virgin olive oil
- ¼ teaspoon Kosher salt
- 1 pinch cayenne pepper

In a blender, combine roasted red pepper, olive oil, salt, and cayenne pepper. Blend until smooth. Optional: press through a fine sieve.

## **Dish Assembly**

Spread roasted red pepper coulis on the bottom of the plate and place roasted vegetables in a random design. Drain excess liquid from the marinated black radishes and place them in a pile next to red beets to

accent the flavor. Place “hay stacks” of microgreens (arugula and kale are recommended) next to the carrots and squash. Drizzle with ¼ tablespoon extra virgin olive oil. Salt and pepper to taste.