

VERMONT GLOBAL FUSION

LIVELY LOCAL WINNER - HIGH SCHOOL

TEAM: TURNIP THE HEAT, GET WITH THE BEET

BURLINGTON HIGH SCHOOL

Roasted Vermont root vegetables, quinoa nuggets and carrot chutney, dressed with maple masala vinaigrette, pepitas and goat cheese

quinoa cake - ingredients

2 cloves garlic, minced
1/2 cup yellow onions, minced
2 cups spinach, chopped fine
1 t. sea salt
1/4 t. ground black pepper
2 T. coconut oil
2 eggs
10 T. flour
1/2 cup tomatoes, finely diced
2 cups cooked quinoa
1 1/2 cups Cabot Cheddar cheese
4 T. oil

quinoa cake - directions

Heat coconut oil and sweat garlic and onions. Add spinach and cook just until wilted. Take off the heat and add the remaining ingredients. Mold in 1/2" balls and bake on an oiled foil lined tray in 350 degree oven until set, about 15 minutes. Cool. Toss with a portion of vinaigrette (recipe follows).

salad base - ingredients

8 oz. beets, peeled and small dice

8 oz. sweet potatoes, peeled and
small dice

8 oz. multi-color peppers, seeded
and small dice

8 oz. onions

1 1/2 T. olive oil, divided

Salt and pepper to taste

8 oz. baby spinach

4 oz. fresh, thinly diced apples
with skin, sprinkled with lemon
juice

1/2 cup pepita seeds, toasted

4 oz. VT goat cheese, crumbled

1/2 cup VT pea or other shoot

salad base - directions

After dicing beets, blanch in boiling water; then drain and toss with oil, salt, and pepper. Roast in a 350 degree oven until fork tender. Toss with the maple Masala vinaigrette just enough to coat; roast on foil covered half sheet pan just until vinaigrette creates a coating on potatoes. Repeat this with peppers and onions. Take off of heat and toss with just enough vinaigrette to coat. Toss apples with just enough dressing to coat. Roast pepita seeds.

carrot chutney - ingredients

1 cup grated carrots
1/2 t. chili oil
1 t. grated ginger
1 glove garlic, minced
1 T. minced scallion
1 T. chopped golden raisins
1 T. VT maple syrup
4 T. lime juice
1/3 cup water
salt and pepper to taste

carrot chutney - directions

In a small saucepan, combine all ingredients and bring to boil. Then simmer on low heat and cook until carrots are tender and chutney is thickened. Season with salt and pepper. Cool.

*maple masala dressing -
ingredients*

1/2 cup olive oil
4 T. smoked maple syrup
4 T. apple cider vinegar
1 T. Dijon mustard
1 t. salt
1 1/2 t. cinnamon
1 t. fresh ginger, grated
1 1/2 t. garam masala
1/2 t. ground allspice
1 T. flat leaf parsley, chopped

maple masala dressing - directions

Combine all ingredients and blend together with an immersion blender. Set aside.

*herb/cheese crackers -
ingredients*

1/2 cup grated Parmesan cheese
2 oz. unsalted butter, cold
1/2 t. seasoned salt
1/2 t. coarse ground pepper
1/8 t. dried minced garlic
1 cup white all-purpose flour
4-5 T. heavy whipping cream
(not whipped)
2 t. chopped fresh herbs
(oregano, rosemary)

herb/cheese crackers - directions

PREP: Spray a large baking sheet with nonstick spray and then lightly flour the surface. Don't use parchment or Silpat liners. Set aside. Cube the butter into 8 equal cubes.

PULSE: In a food processor, pulse the Parmesan and butter until crumbly, about 10, one-second pulses. Do not puree.

PULSE AGAIN: Add in the salt, pepper, dried minced garlic, and half of the flour. Pulse 4 more times to combine. Add in the rest of the flour and 4 T. of heavy whipping cream. Pulse a few more times and then add the last T. if needed (clumpy dough should be forming).

ADD HERBS: Dump the dough mixture straight from the food processor onto a sheet of plastic wrap or wax paper. Pour the Italian seasoning on top and fold the herbs into the dough gently until a nice dough comes together. Avoid kneading or overworking.

herb/cheese crackers - directions continued

ROLL: Place a piece of parchment paper on top of the ball of dough and roll out the dough to 1/8th - 1/4th inch thickness (according to personal preference). We like thinner better. If the dough is too thick then the crackers won't be crispy and crunchy. Remove the parchment paper on top and trim the edges (not necessary). Then use the plastic wrap to pull up the large sheet of dough and invert it onto the prepared baking sheet.

SCORE: Using a pastry cutter, perforate the dough to make lines for the crackers. Don't cut all the way through the dough.

BAKE: Bake for 8-14 minutes or until lightly browned at the edges (keep an eye on them and check every minute or so). Remove from the oven and sprinkle immediately with course pepper and salt.

*cracker recipe modified from: www.chelseasmessyapron.com

plating

1. Toss roasted vegetables and spinach with dressing.
2. Toss quinoa nuggets with dressing.
3. Arrange spinach on a plate, then mold vegetables in a measuring cup and place on top of spinach.
4. Place nuggets around roasted vegetables.
5. Top with shoots, pepitas, crackers, carrot chutney, and goat cheese.

local ingredients

beets * carrots * sweet potatoes * pea shoots * tomatoes * garlic * onions * spinach * eggs * tomatoes
cheddar cheese * goat cheese