

# Beets, Apples, and Cress with Walnuts and Curry Vinaigrette

- Recipe from The Greens Cookbook by Deborah Madison

## Ingredients

1 pound beets, mixed red and golden, roasted, cooled, peeled, and chopped  
6 scallions, white parts only, minced  
Lemon juice or red wine vinegar to taste  
1/2 cup currants  
2 large bunches watercress or a mixture of water and field cress  
2 firm apples, quartered and thinly sliced  
1 celery heart, sliced into pieces 1/4 inch wide  
3/4 c walnut meats

### Curry Vinaigrette

1 clove garlic, crushed  
1/2 t sea salt  
2 t curry powder  
1/2 t fresh ginger, peeled and grated  
1 1/2 T lemon juice or red wine vinegar, or more to taste  
6 T olive oil

## Directions

1. Prepare the vinaigrette by blending the garlic and sea salt, then adding the curry powder and ginger into a paste. Whisk the lemon juice into the paste, then add the oil.
2. Toss the beets with 2 T of the vinaigrette and half the scallions. Add lemon juice or vinegar to taste to make the beets a little tart. Set aside.
3. Cover the currants with hot water and let them stand to soften for 15 minutes. Then drain completely and add to the beets.
4. Combine the apples with the celery, walnuts, and remaining scallions; toss with 2 T of the vinaigrette.
5. Clean the cress and dress with the remaining vinaigrette.
6. Place cress on individual salad plates. Arrange beets on the cress, then top with a scattering of the apple mixture.