

Autumn Root Salad with Warm Maple-Fig Dressing

From Isa Chandra Moskowitz's Veganomicon

Vegetables:

3 small loose beets
3 small sweet potatoes, peeled
3 small purple potatoes, peeled
A little olive oil
About 6 cups of field greens

Dressing:

1 T olive oil
2 cloves garlic, chopped
½ c shallots, chopped coarsely
1 C chopped dried mission figs
¼ c white cooking wine
¼ t sale
½ c water
¼ c pure maple syrup
1 T Dijon mustard
2 t white balsamic vinegar (regular is okay too)

Prepare the beets:

Preheat the oven to 425 degrees. Scrub the beets well and wrap in aluminum foil. Roast until tender, about 75-80 minutes. To make sure they're ready, unwrap one slice through the beet with no problem. Unwrap the beets and let them sit until cool to the touch, then refrigerate. Once chilled, slice into ½ inch thick slices.

Prepare the sweet and purple potatoes:

Slice the yams and potatoes width wise at an angle into ½ inch thick pieces. Place in a large, broad, lidded pan and cover with cold water and a sprinkle of salt. Cover the pan and bring to a boil, then simmer until the yams and potatoes are tender but still firm, 8-10 minutes. When they are ready, drain them in a large colander and spread them out on a sheet pan to cool. Sprinkle with a little olive oil, and sprinkle with salt and pepper. Wrap and place in the refrigerator to chill.

Prepare the dressing:

Saute garlic and shallots in oil in a small saucepan for about 3 minutes. Add the figs and wine, cover, and bring to a simmer. When the wine has mostly evaporated, add the salt, water, and maple syrup. Cover and simmer another 3 minutes. Turn off the heat and mix in the mustard and vinegar. Let it sit for a few minutes, stirring occasionally, then transfer the dressing to a blender and

puree it until smooth. You may need to add a few tablespoons of water if it is too thick to puree, or if it is too thick for your preference. Serve warm, or refrigerate and reheat when ready to serve. To heat it, gently warm in a sauce pan over low heat, adding a few splashes of water if necessary.

To serve:

In a large bowl, use tongs to mix the greens with some dressing: this dressing is thick so add a little at a time until you find your desired coating. Reserve the rest of the dressing to dollop on the vegetables after they have been arranged.

On each plate, make a circle with slices of the vegetables. Drizzle the dressing over the vegetables. Place the greens on top in the center, leaving the beets, yams, and potatoes peeking out from underneath.