



BEET CAKES

By Chef Anna McCabe

Simple Chef Catering

Bigfork, MT

Ingredients: 2 ½ cups rice, cooked

(a brown and wild rice mix is awesome)

1 - 2 cups grated beets

1 cup panko (unseasoned) bread crumbs

6 tablespoons chopped toasted walnuts

¼ cup fresh parsley (⅛ cup dried)

1 shallot, chopped

½ teaspoon seasoned salt

¼ teaspoon pepper

2 tablespoons dijon mustard

2 eggs

Avocado (or similar) oil for cooking

Rainbow Chard for serving

Goat Cheese for garnishing

Directions:

Peel and grate beets.

Mince shallot.

Mix beets, shallot, bread crumbs, rice, salt, pepper, mustard, eggs, parsley and walnuts together in a bowl.

Form the mixture into a patty.

Heat the oil in a skillet and pan fry the patty for around 5 minutes on each side.

De-stem the chard and lay it out on a serving platter. Place the cooked patty on the chard.

Top with ½ tablespoon goat cheese.



Recipe Archive, LVFarm Academy

www.lowervalleyfarm.com