



## Salad of Beetroot and Apple with Pur Natur Greek-Style Yoghurt

Recipe by Michaël Vrijmoed





## Salt-baked beetroot

### For the salt crust

- 1 handful plain flour
- approx. 4 tbsp water
- 1 handful coarse salt

### Preparing the salt crust

Combine the flour, water and a handful of coarse salt into a homogenous dough.

### For the beetroots

- 3 beetroots
- 1 tbsp olive oil
- 1 tsp Merlot red wine vinegar
- Fleur de sel

### Preparation

Cover the beetroots in a layer of salt crust dough and bake in a 200°C oven for 2 hours. Allow to cool and remove crust. Cut the beetroot into equal pieces and flavour with olive oil, red wine vinegar and a pinch of fleur de sel.

## Beetroot-apple juice

### Ingredients

- 4 appels Granny Smith
- 4 rode bieten
- enkele druppels Merlot rode wijnazijn

### Preparation

Peel and juice beetroot, reduce liquid by approx. half and allow to cool. Juice the apples. Combine 1/3 of the beet juice with 2/3 apple juice. Finish with a few drops of red wine vinegar.

## Horseradish mayonnaise

### Ingredients

- 3 tbsp Pur Natur Greek-style yoghurt 700g
- dash of horseradish puree
- 3 tbsp mayonnaise

### Preparation

Whisk together all ingredients.



## Marinated mustard seed

### Preparation

Simmer dry mustard seeds in 3x the amount of water until cooked. Allow to soak in water for 3 hours. Sieve and finish with sushi vinegar.

### To serve

Arrange the beetroot pieces and Granny Smith apple slices on a deep plate. Pour over the beetroot-apple juice and garnish with the horseradish mayonnaise, marinated mustard seed and a bit of coriander.

Enjoy!

Photography: Heikki Verdurme