

# Chilled Orange Honey Roasted Beet Soup

*With bright pink charm, a beautiful tribute to a lovely spring day*

SERVES: 4-6

PREP TIME: 25 minutes

COOKING TIME: 40-50 minutes to roast beets

TOTAL TIME: 1 hour 15 minutes + rest time of 3 hours or overnight

## INGREDIENTS

- 3 medium red beets with stems and leaves
- 1½ Tbsp. all-purpose Extra Virgin Olive Oil
- 2 tsp. + 1 Tbsp. GC Napa Valley Natural Wild Fennel Finishing Sea Salt \*
- 3 large organic eggs, hard-boiled
- 1 medium cucumber peeled and deseeded, diced ¼", need 1 cup + 1 cup
- 1 medium celery stalk, chopped, need ½ cup
- 2 tsp. fresh lemon juice
- 4 green onions, need 3 Tbsp. white part chopped and 4 Tbsp. green tops finely chopped
- 2½ Tbsp. GC Napa Valley Natural Orange Infused Honey
- 1 tsp. GC Napa Valley Natural Tarragon Pink Peppercorns
- 1 cup + 3 cups plain Kefir or plain nonfat yogurt (not Greek)
- 1½ Tbsp. fresh dill, chopped (reserve 6 small sprigs for garnish)
- 3 Tbsp. GC Napa Valley Buttery Proprietary Blend Extra Virgin Olive Oil \*\*

\*Can substitute with GC Napa Valley Natural Lemon Finishing Sea Salt or GC Napa Valley Pink Himalayan Citrus Finishing Salt

\*\* Can substitute with GC Napa Valley Natural Lemon Olive Oil



## TO PREPARE

- **Roast beets:** Preheat oven to 400 degrees. Remove beet root. Remove beet stems with leaves and reserve for use in other recipes. Wash, peel, quarter beets, place in a bowl, drizzle with all-purpose Extra Virgin Olive Oil, mix well, season with 2 tsp. Wild Fennel Finishing Sea Salt. Place beets on baking sheet, roast, turning once or twice. Check at 30 minutes; continue checking every 10 minutes until fork tender. Remove from oven, cool, dice into 1/8" - 1/4" pieces. 1 cup is needed for the soup. Use rest for garnish.
- **Hard boil eggs:** Use your preferred method. Once cool, peel eggs and reserve.
- **Soup:** In a blender add: 1 cup cucumber, celery, lemon juice, white part of green onions, 1 Tbsp. Fennel Finishing Sea Salt, Orange Infused Honey, Tarragon Pink Peppercorns, 1 cup Kefir and puree. Pour mixture into a mixing bowl. Fold in remaining 3 cups kefir, 1 cup beets, 1 cup cucumber, dill, and green onions tops. Refrigerate 3 hours, preferably overnight. Gently stir before serving.

## TO SERVE

Ladle soup into individual bowls. Garnish with diced beets, sprig of dill and hard-boiled eggs - quartered, sliced or chopped. Drizzle Buttery Extra Virgin Olive Oil on top soup.

## WINE

2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley

The wine's evolution on the palate effortlessly meshes with the earthy beauty of the beets and tangy cream aspect of the kefir.

## SHOPPING LIST

- 3 medium red beets with stems and leaves
- 1 dozen whole organic eggs
- 1 medium cucumber
- 1 bunch celery
- 1 lemon, Eureka
- 1 bunch green onions
- 1 small bunch fresh dill
- 1 bottle 32 fl. oz. plain Kefir or plain nonfat yogurt (not Greek)

FROM YOUR PANTRY  
Extra Virgin Olive Oil, all-purpose

FROM PREVIOUS SHIPMENTS  
GC Napa Valley Natural Wild Fennel Finishing Sea Salt  
GC Napa Valley Natural Buttery Proprietary Blend Extra Virgin Olive Oil