

# Red Salad with Beet, Red Cabbage & Red Onion

I love Kristen Miglore's note on this recipe as passed down from Fergus Henderson - "It's earthy, tangy and sweet, like a borscht that makes you want to tear into your next course rather than go curl up in a warm place. The genius of this recipe is only enhanced by Henderson's fanciful writing style-it's inexact, but a salad doesn't really need vigor".

For those of you that like measurements, I'm giving you the amounts I use. I encourage you to taste and adjust.

If you'd like to tone down the bite of the red onion, soak the onion slices in cold water for 15 minutes or so, then drain well.

## Ingredients

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### DRESSING

**healthy splashes of** extra-virgin olive oil, (I use 2 Tablespoons)

**a little gesture of** balsamic vinegar, (I use 1 Tablespoon)

**a small handful of** extra-fine capers, (I use 1 Tablespoon)

sea salt and freshly ground black pepper

### SALAD

**2** raw beets, peeled and finely grated

**1/2** red cabbage, with its core cut out, very finely sliced

**1** **very small** red onion, peeled, cut in half from top to bottom and finely sliced

**6** **healthy dollops** crème fraîche or yogurt (coconut milk, cow, goat...), (about 1/2 cup)

**1** **healthy bunches** chervil (or parsley), stems discarded

**1/4** **teaspoon** fennel seeds if chervil not available

## Method

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Mix everything together for the dressing. Toss all of your raw red vegetables in the dressing, taste and adjust seasoning, then on six plates place a bushel of this red mixture. Next to this, nuzzle your blob of crème fraîche as if the two ingredients were good friends, not on top of each other as they were lovers. Finally a clump of chervil rested next to the other ingredients in the friendly fashion. A very striking salad ready for eater to mess up.

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**Source: Food54 Genius Recipes, Kristen Miglore (6 servings)**

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