

Roasted Vegetables

Whole Roasted Beets

INGREDIENTS:

4 – 5 ea Red or gold Chiogga beets, washed, baseball size
3 cups Water

PROCEDURE:

- Place washed beets in 8 x 8 glass pan.
- Add water.
- Cover tightly with parchment and foil.
- Roast in 425° oven for 1 hour.
- Rest covered at room temperature for 30 minutes.
- Remove cover.
- Remove beets from water. Discard the water.
- Using paper towels, rub skin off beets while still warm.
- Serve or reserve until ready to use.



Whole Roasted Carrots

INGREDIENTS:

1 lb Carrots (with 3" green tops) – approximately 12 ea
6 spritz Extra virgin olive oil in a spritz bottle
¼ tsp Kosher Salt
2 pinches Black pepper, fresh ground

PROCEDURE:

- Wash carrots well.
- Trim green ends to 3".
- Put carrots on a baking sheet.
- Spritz with extra virgin olive oil.
- Sprinkle on salt and pepper.
- Roll carrots on the tray to coat evenly with seasonings and olive oil.
- Roast for 40 minutes at 425°.
- Serve or hold at room temperature to be reheated for service.
- Serve or hold until ready to use

Whole Roasted Onions

INGREDIENTS:

4 – 5 ea Yellow Onions, medium size
8 spritzes Extra Virgin Olive Oil
½ tsp Kosher Salt
2 pinches Black Pepper, fresh ground

PROCEDURE:

- Trim the bottom of the onion so it is flat when placed on a baking sheet.
- Cut the top of the onion making a 2 ½ - 3" circle and save the top for roasting.
- With an ice cream scoop, scoop out the inside of the onion.
- Place hollowed out onions and onion tops on a baking sheet.
- Spritz each onion once on the top and bottom.
- Season inside of onions equally with salt and pepper.
- Roast onion and tops at 425° for 45 minutes, until onion is soft and caramelized.
- Use immediately or refrigerate until ready to serve.