



Vegetable Carpaccio (two recipes)

- 3 medium beetroots
- 4 Tablespoons lemon juice
- 1 teaspoon grated lemon peel
- 1 Tablespoon fennel fronds, finely minced leaves
- 1/2 cup finely minced red onion
- 2 teaspoons sugar
- 3 Tablespoons olive oil
- 1 Tablespoon capers drain; rinse
- Sea salt to taste
- 4 ounces watercress leaves
- 1 or 2 kohlrabi, peeled, thinly sliced
- 1 large watermelon radish, thinly sliced

Trim leaves from beetroots, set aside for another use. Trim to shorten stem. Place beetroot in saucepan; cover with water; bring to boil; reduce heat; partially cover; cook gently for 45 to 60 minutes or tender. Drain; cover with cold water; slide off beet skins and discard. Set beetroot aside to cool. Thin slice beet rounds with sharp knife or mandolin slicer.

Prepare dressing: In a medium sized bowl, combine lemon juice, lemon peel, fennel fronds, onion, sugar, and olive oil to blend together; stir in capers. Season with salt to taste.

To serve the recipe **Beetroot Carpaccio**

Place some watercress leaves on serving plate; overlap thinly sliced beets attractively over the plate; spoon part of dressing over the beets.

To serve the recipe: **Kohlrabi 'n Radish Carpaccio**

Place .some watercress leaves on serving plate; overlap thin slices of kohlrabi and radishes alternately on plate; drizzle with remaining dressing.

Cover vegetable dishes with plastic wrap; chill in refrigerator for several hours or longer to blend flavors.

Recipe Inspired by: <http://www.jamieoliver.com/recipes/vegetables-recipes/vegan-beetroot-carpaccio/>

About the Recipe: The thin vegetable slices absorb the dressing and leave the vegetables full of flavor and tenderized. It makes one dressing to prepare two different veggie carpaccio dishes. The thin slices are addictive with their cool fresh taste and can be served as a starter or salad.