



“Wave Cut” Mixed Italian Vegetable Salad

1 medium artichoke
3 Tablespoons lemon juice
1 watermelon radish
1 large carrot, peeled
1 small fennel bulb halved; cored
2 celery ribs or peeled celeriac root
1 leek, only white and tender green
1 small kohlrabi, peeled
3 Tablespoons lemon juice
1 teaspoon Dijon mustard
3 Tablespoons olive oil
1 Tablespoon drained small capers
Sea salt to taste
3 cups torn fresh beet leaves or as desired
Shaved Parmigiano-Reggiano cheese
Ground black pepper as desired

Prepare Artichoke: Trim the artichoke, rub cut portions with cut lemon. Trim off only very bottom of artichoke; pull off and discard dark outer leaves around base and small tip of artichoke. Place artichoke in medium sized saucepan; cover with lemon juice and water; use a cover to keep artichoke under the water. Bring to a boil; boil on medium heat for about 45 minutes or tender.

Cool cooked artichoke; remove outer leaves; trim and discard hairy choke; Cut the artichoke heart into very thin slices. Set aside slices and center leaves.

Trim and very thinly slice the radish, carrot, fennel, celery, leek, and kohlrabi. Set aside in large bowl.

In medium sized bowl, combine lemon juice and mustard; beat in olive oil until lightly thickened. Stir in capers; season with sea salt. Toss dressing with mixed vegetables in bowl to coat; toss in artichoke heart slices; season with salt.

To serve: Arrange fresh beet leaves on serving platter. Spoon dressed mixed vegetables over beet leaves. Top with shaved Parmesan cheese. Arrange artichoke leaves around the sides of salad. Season with black pepper if desired. Serves: 4

Recipe Inspired by: Viana La Place <http://www.foodandwine.com/recipes/vegetable-carpaccio>

About the Recipe: The thin vegetables slices release juices which flow to the surface, allowing the dressing to flavor and tenderize the vegetables. Using a mandolin slicer will help to produce even very thin slices. I like to chill the salad for several hours before serving. Serve it with your favorite Italian dinner or pizza.