

# Keep your winter bright!

## Burrata Salad paired with Aloha Humboldt Lava Cake

This pairing was designed by Khara Pechtes, founder of Food Flower Future with Linsey Jones, CEO of Aloha Humboldt. Recipe created by Chefs Ivan & Anne, Mangia Ghanja.

"We love bright hints of summer in the middle of winter, and this pairing bursts with freshness and flavor!"



Yield: serves 4 people

### Ingredients

- 2 Medium Red Beets
- 2 Medium Candy Beets
- 5 Cups Arugula
- 1 Ball Burrata Cheese (approx 8 oz) quartered  
*(Fresh mozzarella may be substituted for Burrata)*
- 1 Egg Yolk
- 2 Medium Blood Oranges (1 for juice and the other for segments)
- 2 Tbs Pomegranate Seeds
- 1 Tbs Shallot minced
- 2/3 Cup EVOO + 1 tsp
- Full-spectrum cannabis oil (optional)
- 2 Tbs Champagne Vinegar
- Salt & Pepper to taste

### Preparation

#### **First, prepare the beets**

Preheat oven to 375°F.

Wash beets under cold water and cut off the top and bottom. Peel and cut beets into bite size pieces, toss with olive oil, then season with salt & pepper.

Line a baking pan with foil or parchment paper. Add beets. Roast in oven for 1 hour or until beets are tender when poked with a knife.

When done - set aside to cool.

#### **Next, prepare the vinaigrette**

In a jar with lid - add together the egg yolk, champagne vinegar, 1/3 cup juice of blood orange, shallots and EVOO. Shake vigorously to combine. Let dressing rest for 10 minutes so flavors will blend together. Strain through sieve into small bowl.

Place 1 tsp EVOO in a separate microwave safe bowl. Heat for 15 seconds.

\*Optional: Add 12mg of a full spectrum cannabis oil to the heated oil and stir to combine.

Add infused oil to the dressing and whisk to combine.

#### **Now assemble the salad**

In a medium bowl toss arugula with 1/2 cup of salad dressing. Add the cooled beets and toss again.

Divide the salad equally on to serving plates.

Add orange segments and pomegranate seeds. Place 2 oz burrata on top of each salad then drizzle a small amount of EVOO on top and finish with a pinch of salt and pepper.

Aloha!