



Composed Melon Salad

Watermelon, Strawberry & Sweet Beets

Ingredients

Watermelon (large cubes)

Strawberries (cleaned & sliced)

1-2 beets

1 tsp fresh ginger (grated, reserve a pinch for garnish)

1 tsp fresh mint (chopped, reserve a pinch for garnish)

1-3 tbsp honey, brown or raw sugar

Spices (to taste): pinch salt, peppercorn, cinnamon, ginger

Tools Needed: a small pot, cutting board, chef's knife, fine zester, a large bowl & a serving bowl (optional)

Procedure

(Fruit/ Garnish Prep)

- Thoroughly rinse all the fresh produce in cold water
- Pat the berries dry, remove the green tops & slice as desired. Set aside
- Thoroughly clean the outer skin of the watermelon before cutting.
- Remove the rind from the melon & cut it into large cubes
- Chop the mint roughly or into thin strips (chiffonade)
- Peel the fresh ginger. This can be done easily with a spoon. Grate the amount needed using a fine zester or microplane.

(Beet Prep)

- In a small pot, add the beets & cover with water
- Season the beets with the spices. You can use ground cinnamon or a cinnamon stick.
- Add your choice of sweetener to the pot & allow it to boil for 5 minutes
- Turn the pot down to a simmer, cover with a lid & allow the beets to cook until fork tender.



- Once they are tender, let the beets cool. Now the skin will easily rub off with a kitchen towel. Strong paper towels will also do the trick. Dice the beets into small cubes & set it aside until assembly.
- Taste them! You may want to add a drizzle more of honey or ground cinnamon to the cubed beets.

(Assembly)

- Now it's finally time for the easy part!
- Add the cut melon, strawberries & beets to a large bowl.
- Very carefully toss it with the freshly grated ginger & chopped mint.

It's ready to eat as is or, you can jazz it up & spoon it into a lovely serving bowl. Be sure to add a pinch of the fresh ginger & chopped mint to the top for garnish.