



Recipe Name:

**Beet Chips with French Onion Dip**

School:

**CENTENNIAL SECONDARY SCHOOL**

Chef:

**ADAM JONAS**

Yield:

**Portions 10**

INGREDIENTS:		Dip
<u>Chips</u>		300ml Sour Cream
10 Beets		300ml Greek Yogurt
Cornstarch		15ml Red Wine Vinegar
Sea Salt		1 Red Onion Julienne
Cracked Pepper		Chopped Parsley TT
		Chopped Fresh Thyme TT
		Chopped fresh Oregano & Basil TT
		Sea Salt and Cracked Pepper TT
		Chopped Garlic 1 clove
		15ml Grainy Mustard
		Cayenne pepper TT
		Tabasco TT
		Worcester Sauce TT

**Procedure For Making Beet Chips**

METHOD: Deep Frying

1. Peel and slice the beets into thin slices using a mandoline tool or deli slicer.
2. Dredge the beets lightly in cornstarch and shake to remove excess starch.
3. Deep fry the beets using the swimming method in a 325F deep fryer. Use a spider tool to flip and separate the beets as they fry.(place the beet slices into the fryer slowly and cook a small amount at a time to prevent them from sticking together or burning). Remove the beets from the fryer once they are crisp.
4. After removing the beets from the fryer, place them on paper towel lined baking tray to drain the excess oil.
5. Season the chips with sea salt and cracked pepper while they are still hot.
6. Try frying yams, sweet potatoes, turnips, taro root or plantains using the same cooking method. Cornstarch is not necessary for these vegetables as they contain less moisture than beets.



**Procedure for Making French Onion Dip:**

1. Julienne and sauté the red onion on medium high heat until the onion begins to caramelize. Lower the heat and add the vinegar and garlic. Cook the onions until they are fully caramelized and the vinegar has reduced. Cool the mixture in the refrigerator
2. Combine the yogurt, sour cream, mustard, salt & pepper, and fresh herbs in a medium bowl
3. Remove the chilled onion mixture from the fridge and mince the mixture with a knife or pulse the mixture in a food processor.
4. Add the onion mix to the yogurt sour cream and stir. Add a pinch of cayenne, tabasco sauce and Worcester sauce for a little kick.
5. Serve the dip with your root vegetable chips.