THE STIRRING LIFE

Think Pink Salad

A layered platter for Breast Cancer Awareness Month

A dozen rows of pink, red and white across an oval platter, with a blended pink Greek dressing
The pale rows are what make the pink ones pop — they are not filler

INGREDIENTS

The Rows

- Pickled turnips
- Radishes, sliced thin
- Radicchio, torn
- Red peppers, sliced thin
- Napa cabbage, shredded
- Red cabbage, shredded
- Rutabaga, spiralized
- Pink tomatoes, halved
- Beets, raw and spiralized
- Pink grapefruit, segmented
- Red onions, finely diced

Over the Top

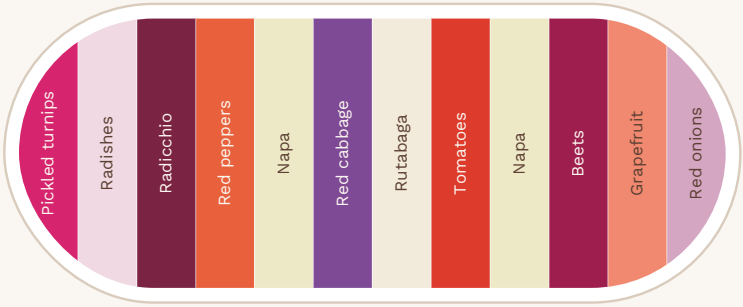
- Pomegranate seeds
- Sumac
- Dried rose petals

Pink Greek Dressing

- ½ cup Greek yogurt, generous
- ⅓–½ cup feta
- ½ cup extra virgin olive oil
- 2 Tbsp red wine vinegar
- 1 Tbsp pomegranate molasses
- 1 Tbsp dried oregano
- 2 cloves garlic
- 1 tsp Dijon mustard
- 2 tsp salt, to taste
- ¼–½ small raw beet, peeled

INSTRUCTIONS

1. Blend the dressing. Everything but the beet into a blender, and run it until smooth.
2. Add the beet last. Start with a quarter of a small raw beet and blend. Add more only until it is the pink you want — too much and it turns earthy and dark instead of bright.
3. Cut everything cold. Shred the cabbages, spiralize the rutabaga and beets, slice the peppers and radishes thin, dice the onion small. Cut the grapefruit last.
4. Lay the rows. Across a long oval platter, in the order shown below. Napa and rutabaga are not filler — they are what keep the reds and pinks from blurring into each other.
5. Finish the top. Pomegranate seeds down the middle, sumac dusted along the seams, rose petals over everything.
6. Drizzle, do not toss. Pour the dressing over in a slow ribbon at the table. Toss it and the rows are gone.



Spiralize the beets rather than grating them — grated beet bleeds into its neighbours and you lose the lines. And since this one is for October: get your regular mammograms. That is the actual point of all the pink.