

Avocado, Persimmon and Beet Tartare

Ingredients

- 1 medium-sized beet
- 1 tsp. sesame seeds
- 1 fuyu persimmon
- 3-4 mint leaves
- Black pepper, to taste
- 1 ripe avocado
- 2-inch piece of cucumber (about 3-4 ounces)
- A few sprigs of cilantro
- Salt, to taste
- Small chunk of ginger, peeled (about 10 grams)
- 1 ½ limes (divided)
- 1 tsp. sesame oil
- 2 tbsp. + 1 tsp. olive oil (divided)
- 1 tsp. agave nectar
- ½ tsp. chili powder

Steps

1. For the Beet Layer: Bring a pot of water to a boil, with enough water to fully cover your beet, and reduce to a simmer. Cook until a fork can easily pierce the beet (about 30 minutes). Once the beet is cooked, run under cold water and rub off the skin. Let cool until you can handle it, and grate on the large side of the grater. Place in a bowl, and mix with sesame seeds, 1 tsp. olive oil, and salt to taste. Set aside.
2. For the Persimmon Layer: Skin the persimmon, and chop into very small cubes. Chop the mint leaves up very finely. Place in a mixing bowl with a few grinds of fresh ground black pepper, mix, and set aside.
3. For the Avocado Layer: Chop the cucumber into very small cubes. Add to a mixing bowl, along with the cilantro, roughly chopped stems and all. Cut the avocado and scoop out both halves. Add the juice of ½ lime, along with salt to taste. Mix with your hands, mashing the avocado a little. Set aside.
4. For the Dressing: Mix the ginger, juice of 1 lime, 2 tbsp. olive oil, agave nectar, chili powder, and salt to taste in a blender, and blend until smooth. Set aside.
5. Assembly: Make a cylinder with food-safe acetate sheets that is about 2.5 inches in diameter and 4 inches high. Make sure you have something flat (like the lid of a jar) that fits inside the cylinder. For an extra neat presentation (free of beet juice),



assemble on a cutting board- if you're less picky, assemble directly on the serving plate. Add half the beet mixture to into the cylinder, and tamp flat with your lid or flat object. Next place half the persimmon mixture, and tamp flat again. Finally, half the avocado mixture, making sure to flatten off the top well. If you assembled on a cutting board, use a thin spatula to slide underneath the cylinder and move to your serving plate. Remove from the cylinder by placing the jar lid on top of the avocado layer and holding it in place while you pull the cylinder over the tartare. Repeat for a second tartare, and serve with the dressing. Eat as is, or serve with bread, crackers, or chips.