

ITEM Beet Chips	YIELDS: 6 cups
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INGREDIENTS	
4 beets, medium sized, washed and dried well 2 quarts vegetable oil, for frying 2 cloves garlic, minced 1 tsp fresh rosemary, picked off stem and chopped 1 tsp sea salt	

METHOD:

1. Slice the beets paper thin on a mandoline or meat slicer (approx 1/8 inch). Separate on a baking sheet lined with paper towel to remove any moisture.
2. Preheat vegetable oil to 325°F.
3. Mix the garlic, rosemary and sea salt in a bowl and set aside.
4. Carefully cook about 1 cup of sliced beet at a time to the oil, with a mesh sieve move the beets around in hot oil. Turn them over slowly and brown for a total of 2 minutes.
5. Remove the beets from oil and place on a paper towel lined baking sheets and let oil drip off.
6. Place a clean bowl and season the cooked beets and serve.

Note: Can be made a day ahead of time and kept at room temperature. Other root vegetables can be substituted. Another alternative to frying is slicing the vegetables and using a spray bottle of olive oil, gently spray the vegetables, season with the herbs and bake a 250° for 30 – 35 minutes or until dry, finish with the sea salt.