

## Beet and Caper Salad

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*This was one of the most common salads in the eighteenth century. Beets were grown everywhere in Canada and they kept well. Beet salad was probably served at most suppers and banquets at Château St. Louis. In his memoirs, Aubert de Gaspé gives a wonderful description of old Governor Prescott inveighing against his servants, all the while nibbling on bread, cheese and beet salad in the pantry. Adding capers—one of the main condiments imported under the French régime—gives the salad much more flavor.*

*a few small beets  
drained capers  
olive oil (optional)*

Boil the unpeeled beets covered for 30 minutes. Peel and dice. Add the capers and mix well. Add olive oil, if desired.

