

Cooking with Carrots



Enjoy delicious, nutritious carrots all winter long!

Local farmers harvest their fall carrot crops just before winter, once the carrots have sweetened with the cooling temperatures, but before the ground freezes. The roots are then put into cold storage where they stay amazingly sweet and crunchy throughout the winter.

Did you know that the vitamin A content in carrots actually increases during their first 5 months in storage? You can store carrots at home for several months in your refrigerator. To keep them from drying out, store them in a plastic bag or other sealed container.

French Bistro Grated Carrot Salad

Recipe source: www.saveur.com

1 tsp Dijon mustard
1 Tbsp lemon juice
5 tsp peanut oil
5 medium carrots, peeled, trimmed and grated
Salt and freshly ground black pepper

Whisk together mustard, lemon juice, and peanut oil in a bowl. Add carrots, and salt and pepper to taste. Toss well.

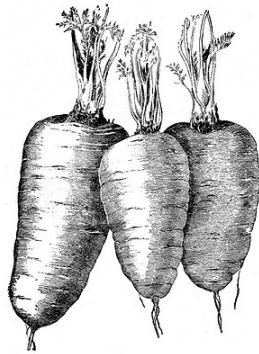
Thyme Roasted Carrots with Goat Cheese

Recipe source: www.food52.com

2 pounds whole carrots
2 Tbsp olive oil
3 sprigs fresh thyme
Salt & Pepper
1/3 cup goat cheese, crumbled

Preheat oven to 400. Peel the carrots and cut diagonally into thirds. If the carrots are large, half or quarter the pieces (aiming for uniform so the pieces will cook evenly). Toss with olive oil, salt, pepper and the leaves stripped from the thyme sprigs. Spread on a baking sheet and roast for 15 minutes, stirring halfway through. Crumble goat cheese over the warm carrots and serve.

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Carrot Spoon Bread

Recipe source: Recipes from the Root Cellar by Andrea Chesman

2 cups milk
1 medium carrots, peeled and shredded
1 shallot, finely chopped
1/3 cup yellow cornmeal
1 Tbsp butter
1 tsp salt, plus more for seasoning
Freshly ground black pepper
1 cup lightly packed grated sharp cheddar cheese
1 pinch dried tarragon
4 eggs, separated

1. Preheat the oven to 400F. Butter a 2-quart soufflé dish or 9- by 13-inch baking dish.
2. Combine the milk, carrots, shallot, cornmeal, butter, salt, and pepper to taste in a medium saucepan over medium-high heat. Bring to a boil, then reduce the heat and simmer, stirring, until the mixture is thickened, 3 to 4 minutes. Remove from the heat; stir in the cheese and tarragon. Let cool until just warm to the touch, about 15 minutes.
3. Stir in the egg yolks until well blended.
4. In a clean mixing bowl, beat the egg whites with a pinch of salt until soft peaks form. Stir one-third of the egg whites into the cornmeal mixture, then gently fold in the remaining whites with a rubber spatula. Pour into the prepared dish.
5. Place the dish in the oven and lower the temperature to 375F. Bake for 25 to 30 minutes, until the top is browned and the center is barely set. Serve immediately. Serves 6 - 8.

Carrot & Cilantro Soup

Recipe source: Chez Panisse Vegetables by Alice Waters

1 white onion	1 bunch cilantro
3 Tbsp butter	1 small red onion
2 pounds carrots	1 or 2 jalapeno peppers
1/2 pound potatoes	Juice of 1 lime
1 to 1 1/2 quarts chicken stock	



Peel and slice the onion and put it on to stew in the butter over low heat, covered. Peel the carrots and potatoes and cut them in large chunks. Once the onions are fairly soft, add the carrots and potatoes, salt generously, and continue to stew, uncovered, for about 10 minutes or more. Add chicken stock to cover, and simmer until the vegetables are entirely cooked. Take the pot off the heat.

Reserve a handful of cilantro leaves for salsa and throw the rest of the cilantro into the soup pot. Puree the soup in a blender or food processor (or pass through a food mill), and strain through a medium sieve. Adjust the seasoning with salt and pepper. Make a little salsa to your taste with the onion and jalapeno peppers, chopped; the lime juice; and the reserved coriander leaves, coarsely chopped. To serve the soup, bring back to a simmer, ladle into bowls, and garnish with the salsa. Serves 6.