

December 2017

CARROTS

Baked Carrots and Fennel

Butter-Steamed Carrots

**Ribbon Carrot and Shallot Salad
with Orange Vinaigrette and Thyme**

**Turkish Tagine of Carrots with Brown Rice
with Turkish Yogurt – Garlic Sauce
with Fresh Herbs**

Today you can buy fresh carrots any time of the year;
not so when I was a child.

Today you can find fresh organic carrots any time of the year;
not so when I first set up housekeeping.

My earliest recollections of carrots involve freshly pulled carrots in my paternal grandfather's garden and wizened carrots buried under straw in my maternal grandparents' winter root cellar. Grocery stores, green grocers, and farm stands carried carrots in season with the green leaves still attached but, unless you had a root cellar or a sand bucket in your fruit cellar, you did not see crisp, sweet carrots again until the next summer. Oh yes, there were canned carrots which, in my opinion, do not deserve mention. Packaged carrots came along when we were first married but finding organic carrots in a grocery store was impossible. "Health food stores" popped up and occasionally they had organic carrots but they were as wrinkled and sad as the midwinter carrots in the root cellar. We can now even buy colorful heirloom, organic carrots in our local market.

The wild ancestor of the carrot we know today is thought to have originated in Persia. The group of plants which produce umbels to which carrots are related also includes parsley, lovage, dill, and cumin, all of which were known for their foliage and seeds in Central Asia and the Middle East. The taste of the leaves and seeds of the wild carrot, not the roots, encouraged the spread of this biennial of the *Apiaceae* family (formerly *Umbelliferae*) into Europe, most probably as the Moors moved into Spain. By the tenth century the purple-rooted vegetable had spread as far as India where the root of the vegetable became an important ingredient in many traditional dishes. By the eleventh century an orange cultivar was recorded in the Levant. Within a century the orange root was established in Andalusia and by the seventeenth century carrots reached the New World with settlers from the British Isles and from The Netherlands, where growth of orange carrots was encouraged by the ruling House of Orange.



Puréed carrots are one of the first vegetables we feed our infants but soon they are toddling around the house chewing on *crudités*, including carrot sticks. We can slice carrots, julienne them, dice them, steam them, stew them, roast them, and

purée them with other root vegetables. We can shred them and plane them to make salads, juice them to make a popular health drink, dehydrate them to make snacks, and deep-fry them to make chips. They are enjoyed as the base for cream soups and as an addition to many vegetable soups. Some thirty-four soups and countless stews from all over the world that include carrots can be found in my two-volume *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*. In addition to my favorite carrot cake, other cultures have created sweet endings like *Gajar Ka Halwa* from India and Carrot Pudding from England. Carrots are infinitely versatile and keep well in a refrigerator crisper drawer for weeks and weeks. Color and sweetness can be added to a meal with just the addition of carrots.



BAKED CARROTS AND FENNEL

TPT - 45 minutes

Our family loves fennel, so much so that it is eaten raw most of the time and disappears before I can get a hold of it to make this dish. The fennel's wonderful taste can be rather simply combined with that of carrots for a very different hot vegetable too.

2 medium carrots—scraped or peeled and cut into julienne sticks—about 14 sticks per carrot

2 teaspoons lemon juice

1 1/2 teaspoons chopped fresh fennel leaves

1 tablespoon butter—melted

Freshly ground black pepper, to taste

1/4 bulb fennel—cut into sticks about the same size as the carrots

1/2 ounce pecorino Romano cheese—planed into strips

Preheat oven to 325 degrees F.

In a 1-quart covered casserole, place carrot sticks. Sprinkle lemon juice over. Sprinkle with chopped fennel leaves. Pour melted butter over vegetables. Grind black pepper over. Cover with aluminum foil.

Bake covered in preheated 325 degree F. oven for 20 minutes, stirring once or twice.

Add fennel sticks. Stir to coat well. Continue to bake, covered, for another 15 minutes. Stir once or twice.

Remove from oven and scatter pieces of the planed *Romano* cheese over the top. Return to the oven for 10 minutes more, or until vegetables are *crisp-tender* and cheese has melted.

Serve directly from casserole.

Yields 4 servings
adequate for 2 people

Note: This may be doubled when required. When doubling, be sure to use a baking dish with twice the bottom surface area and to stir often.

1/4 SERVING – PROTEIN = 2.0 g.; FAT = 3.9 g.; CARBOHYDRATE = 3.2 g.;
CALORIES = 54; CALORIES FROM FAT = 65%

BUTTER-STEAMED CARROTS

TPT - 25 minutes

This is a simple, but significant, improvement over plain boiled or steamed carrots even if the carrots are straight from the garden. These butter-steamed carrots are just plain succulent.

**3 medium carrots—scraped or pared and cut
diagonally into 2-inch pieces**

1/4 cup water

2 tablespoons butter

Freshly ground black pepper, to taste

**Finely chopped fresh dillweed *or* parsley,
if desired**

In a saucepan set over *LOW-MEDIUM* heat, combine carrots, water, and butter. Cover and cook for about 20 minutes, stirring occasionally. Add more water if necessary.* Turn into a heated serving bowl.

Grind black pepper over. Sprinkle with fresh herbs, if desired.

Serve at once.

Yields 4 servings
adequate for 2-3 people

Notes: *About 1 1/2 tablespoonfuls of honey, sugar, *agave* nectar, or maple syrup can be added at this point if you want a sweet glaze. Cook for an additional 5 minutes.

This recipe can be doubled, when required.



1/4 SERVING – PROTEIN = 0.2 g.; FAT = 5.7 g.; CARBOHYDRATE = 2.4 g.;
CALORIES = 62; CALORIES FROM FAT = 83%

RIBBON CARROT AND SHALLOT SALAD WITH ORANGE *VINAIGRETTE* AND THYME

TPT - 1 hour and 17 minutes;
1 hour = flavor development period

Shredded carrot salads have been around for decades, perhaps centuries; carrot slaw was probably the first salad that I learned to make as a child. As soon as it was safe to allow a child to use the “knuckle grater,” the carrots came out of the crisper drawer. No matter how old and tired the carrots that came from the root cellar or the bottom of crisper drawer looked, a satisfactory salad could be made and all was masked with mayonnaise. Little changed over the years other than the addition of raisins, or pineapple, or mandarin orange sections. Ribbons of beautiful orange or red or even white carrots do play on the classic slaw but there is no mayonnaise and the taste of fresh thyme is a definite bonus. With the availability of organic carrots all winter and some thyme leaves still under the snow, this salad idea is a “go to” more often than you can imagine.

ORANGE *VINAIGRETTE*:

3 tablespoons freshly squeezed orange juice
1 tablespoon *extra virgin* olive oil
1 teaspoon rice wine vinegar
1/2 teaspoon honey *or agave* nectar, if preferred

2 medium carrots—trimmed and peeled

1 medium shallot—*thinly* sliced into rings
1 tablespoon *fresh* thyme leaves—well-rinsed
Freshly ground black pepper, to taste

In a cruet, combine orange juice, oil, vinegar, and honey. Shake vigorously. Set aside briefly.

Using a vegetable peeler, peel the carrots into long ribbons. (Leftover carrot pieces can either feed the cook or go into your vegetable stock freezer stash.) Turn into a shallow bowl.

Add shallot rings, thyme leaves, pepper, and orange *vinaigrette*. Mix well. Refrigerate for 1 hour. Turn into a serving bowl or onto individual salad plates.

Serve chilled.



Yields 4 servings
adequate for 2-3 people

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 0.3 g.; FAT = 2.8 g.; CARBOHYDRATE = 3.6 g.;
CALORIES = 42; CALORIES FROM FAT = 60%



TURKISH TAGINE OF CARROTS WITH BROWN RICE *Tereyalgi Havuc Pirinc*

TPT - 1 hour and 7 minutes

The “tagine slaoui” is a cooking pot used throughout the Middle East, probably of ancient origin but most often associated with North African cooking. It is a shallow, earthenware casserole with a pointed, conical lid and a most efficient casserole for cooking over braziers or for slow oven cooking. Failing this, use an oven-to-table casserole.

2 cups Belgian baby carrots, all about the same size—trimmed and pared or scraped
1 small Italian red onion—peeled and sliced into rings
1 tablespoon extra virgin olive oil

3/4 cup vegetarian stock, of choice
1 1/2 teaspoons dried mint—crushed
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1/8 teaspoon ground ginger
2 1/2 tablespoons dry brown rice
Zest of 1/2 lemon
Juice of 1/2 lemon
Freshly ground black pepper, to taste



Plain yogurt or TURKISH YOGURT - GARLIC SAUCE WITH FRESH HERBS (*Yogurt Salcasi Sarimsak*) [see recipe which follows]

Preheat oven to 300 degrees F. Prepare a *tagine* or an oven-to-table baking dish, with cover, by coating with non-stick lecithin spray coating.

In a mixing bowl, combine baby carrots, onion rings, and oil. Toss to coat vegetables well.

Turn the mixture into the prepared *tagine* or baking dish. Using a fork or a chopstick, arrange the onion rings on top of the carrots.

In a small bowl or measuring cup, combine vegetable stock, crushed mint, ground cumin, coriander, and ginger, brown rice, lemon zest, lemon juice, and black pepper. Stir to combine well. Pour over vegetables in *tagine*.

Cover tightly and bake in preheated 300 degree F. oven for about 1 hour, or until the vegetables are tender and the liquid has been absorbed.

Keep warm on a warming tray or in a warm oven until ready to serve.

Serve directly from the tagine or oven casserole. Pass yogurt or prepared sauce separately.

Yields 4 servings
adequate for 2 people

Note: This recipe may be doubled, when required.

1/4 SERVING (with 2 tablespoonfuls of yogurt) –
PROTEIN = 3.6 g.; FAT = 3.6 g.; CARBOHYDRATE = 18.4 g.;
CALORIES = 106; CALORIES FROM FAT = 31%



TURKISH YOGURT – GARLIC SAUCE WITH FRESH HERBS *Yogurt Salcasi Sarimsak*

TPT - 1 hour and 3 minutes;
1 hour = refrigeration period

There are probably as many variations of Turkish yogurt–garlic sauce as there are Turks. I have included two variations in just a single menu on occasion. The addition here of fresh herbs makes this the perfect sauce for boiled vegetables. The leftover sauce ends up in a pita sandwich in our house.

1 cup plain yogurt
1/4 cup finely chopped fresh dillweed
1/4 cup finely chopped fresh parsley
2 garlic cloves—crushed and finely chopped
1 tablespoon garlic oil
Freshly ground black pepper, to taste
Pinch salt

In a mixing bowl, combine drained yogurt, *finely* chopped dillweed and parsley, finely chopped garlic, garlic oil, black pepper, and salt. Stir to combine well. Turn into a serving dish. Cover and refrigerate for at least 1 hour.

Serve chilled or at room temperature. Refrigerate leftovers.

Yields 1 1/4 cupfuls

Note: This recipe may be halved or doubled, when required.

1/10 SERVING (i. e., 2 tablespoonfuls) –
PROTEIN = 1.3 g.; FAT = 1.5 g.; CARBOHYDRATE = 1.7 g.;
CALORIES = 26; CALORIES FROM FAT = 52%

*The importance of the protein provided by combining “rice and beans”
will be our next consideration.*

*It isn't just the rice and beans; it is the amino acids they contain
so we have latitude, lots of latitude!*

Hope you will find the time to drop by next month

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

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