

## CARROT PUDDING

from *Simple French Food* by Richard Olney.

2 lb. carrots, peeled and coarsely grated  
1/3 cup butter  
The juice of 1/2 lemon, or more to taste  
Salt  
1 tsp. sugar  
Water to cover  
1-1/2 cups heavy cream  
3 eggs  
Pepper  
Butter for the baking dish

Combine the carrots, butter, lemon juice, salt and sugar in a saucepan, pour over just enough water to barely cover, bring to a boil, and simmer, covered, for about 1/2 hour, then over a high flame, stirring all the while with a wooden spoon, cook until all the liquid has evaporated. Leave to cool for about 10 minutes.

Whisk together the cream, eggs and seasonings, stir into the carrots, pour into a buttered baking dish, and bake for about 25 minutes or until the surface is swelled and brown.



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## LBO COOKS: CARROTS

### CARROT-CURRY-APPLE SOUP WITH BAKED MAPLE WALNUTS

From Aliye Aydin, [agoodcarrot.com](http://agoodcarrot.com)

3 Tablespoons coconut oil, unsalted butter, or ghee  
1 onion, chopped  
4 cups chopped carrots (about 2 bunches)  
2 garlic cloves, minced  
1 large apple, peeled and cored and cut into chunks (1-2 cups)  
2 medium-size potatoes, peeled and cut into chunks (about 2 cups)  
½ teaspoon ground ginger or 1 teaspoon fresh ginger, peeled and minced  
2 Tablespoons curry powder  
¾ teaspoon salt  
freshly ground black pepper, 5 grinds  
5 cups vegetable broth or water  
2-3 Tablespoons fresh lemon juice  
Plain yogurt or creme fraiche, for garnish

#### Baked Maple Walnuts

2 cups walnut halves and pieces  
1/4 cup Real Maple Syrup (I prefer Grade A Dark Amber)

In a soup pot, heat oil or butter over medium heat. Add onion and cook for 3 minutes. Add carrots, garlic, apple, potato, ginger, curry powder, salt, and pepper, and cook until vegetables start to soften, about 5 minutes. Add water or stock and lemon juice and bring to a boil, then lower to a simmer. Simmer uncovered until vegetables are soft, about 20 minutes. Puree with an immersion blender or regular blender. Adjust salt and pepper

to taste, and add more lemon if necessary. Adjust consistency with water or stock.

If serving immediately, garnish with yogurt or creme fraiche and maple-baked walnuts. If serving chilled, refrigerate for 3 to 24 hours.

#### Baked Maple Walnuts

Preheat oven to 300 degrees F. Line rimmed baking sheet with a silpat or foil. Combine walnuts and maple syrup in medium bowl; toss to coat. Spread out nuts on sheet. Bake until browned and dry, stirring often, about 22 minutes. Cool. Remove from pan. Coarsely chop nuts. These are fresh for up to three days, although they rarely last that long!

#### MAPLE DIJON ROASTED CARROTS

From *paleomg.com*

2 pounds multi-colored carrots, rinsed, trimmed and peeled  
1/4 cup maple syrup  
1/4 cup olive oil  
2 tablespoons Dijon mustard  
pinch of sea salt  
pinch of red pepper flakes  
handful of chives, chopped  
1/4 cup pistachios, chopped

Preheat oven to 400 degrees F.

Line a baking sheet with aluminum foil. Place trimmed carrots on top. Whisk together maple syrup, olive oil, mustard, salt and red pepper flakes. Pour  $\frac{2}{3}$  of the mixture on top of the carrots and toss to coat completely. Place in oven to bake for 35 minutes, tossing half way through to cook evenly on both sides.

Once carrots are done cooking, heat up the  $\frac{1}{3}$  leftover then pour over the cooked carrots. Topped with a little extra salt, chives, and pistachios before serving.



#### THAI CARROT SLAW

from *goodfood.com*

4 large carrots, coarsely grated  
1 red pepper, deseeded and finely sliced  
1 small red onion, finely sliced  
100g beansprout  
1 small red chilli, finely chopped  
3 tablespoons fish sauce  
3 tablespoons lime juice  
2 tsp sugar  
handful roughly chopped cilantro

Combine carrots, red pepper and red onion in a bowl with the beansprouts. Mix the chilli with fish sauce, lime juice and sugar. Pour dressing over the slaw and stir through coriander just before serving.