

April Recipes – Carrots

For me, carrots signify the start of spring and work well as a side dish or are capable of standing well on their own. I always try to buy full carrots (with their tops when available) and avoid the fully peeled baby carrots. The recipes here use whole carrots and not the baby ones. If using the baby carrots, you may want to adjust the cooking times. There are two recipes included for carrots below. One is a carrot soup that I believe is quite versatile. You may use it as a soup, and if you have any leftover, it can be used as a sauce or a base for grilled chicken or fish. The other recipe is a roasted carrot recipe that makes a great side dish.

Carrot Recipes

Carrot Soup –

Yield – 4-6 servings

1 lb carrots - cut into ½ inch rounds
2 tablespoons butter -
1 medium yellow onion – sliced
2 sprigs fresh thyme (or a pinch of dried thyme)
1 jalapeno – seeds removed and diced
1 quart of vegetable stock
½ cup sour cream or greek yoghurt
2 tablespoons Maple Syrup
Kosher salt – to taste
Ground black pepper - to taste

Instructions

1. Peel the carrots. In a tall sauce pot, melt the butter over medium heat and then add the onion. Cook the onion 5-10 minutes, stirring occasionally, until the onions turn translucent and soft.
2. Once the onions are soft add the carrots, jalapeno, and thyme. Cook an additional 10 minutes over medium heat, stirring occasionally.
3. Add the stock and kosher salt to taste, bring the mixture to a boil, then reduce heat to a simmer. Simmer for 10 – 15 minutes until the carrots become very tender. Remove the soup from the heat and remove the thyme sprigs (if you used them)
4. Using a blender or food processor, puree the soup until very smooth. Pour the soup back into the tall pot and add the sour cream (or yoghurt). Adjust the seasoning with additional salt and black pepper as needed.
5. Serve warm in a bowl. You may garnish the soup if you wish with additional sour cream(or yoghurt) and toasted nuts (my preference would be pecans in the fall and pistachios in the spring)

Oven Roasted Carrots with Honey Butter and Sesame Seeds

Yield 2 to 4 Servings

1 lb carrots
2 teaspoons of olive oil (or any type of vegetable oil)
1 teaspoon kosher salt
2 Tablespoons butter
2 Tablespoons honey
2 teaspoons sesame seeds (white or black)
¼ cup chopped flat leaf parsley (optional)

Instructions

1. Pre heat the oven to 425 degrees Fahrenheit. Peel the carrots if you wish, or wash them thoroughly. Then cut the carrots in half width wise. Then cut the carrots in half length wise.
2. Toss the carrots with the olive oil and kosher salt. Place them on a rimmed baking sheet and spread evenly in a single layer. The key to roasting vegetables is to not over crowd them in the pan. If over crowded, they will steam and get mushy instead of roast and get crispy.
3. Cook the carrots for 30 - 40 minutes turning half way through. The carrots should get some browning and be crispy.
4. Once the carrots are almost done melt the butter in a small sauce pan over medium heat. You will want to stir the pan occasionally and cook the butter about two minutes until it just starts to turn golden brown and smell slightly nutty.
5. Remove the pan from the heat, add the honey and stir until incorporated. Set aside until the carrots are ready.
6. Once the carrots are done, place them in a large mixing bowl, add the honey butter, sesame seeds and parsley (if using) and toss well.
7. Serve immediately.