

SAVOUR: Recipes that spice up the humble carrot

Versatile carrot can be used in soups to pies

Carrot and onion soup

- 2 tbsp butter or oil
- 1 large picante onion
- 8 carrots
- 1 large potato
- 4 cups chicken broth
- 1/4 tsp ground ginger
- 1/2 tsp pepper
- pinch cayenne (optional)
- salt to taste
- 1 can evaporated 2 per cent or 1 cup skim milk

Peel and slice onion. Scrub carrots with vegetable brush, scrape lightly, if needed. Cut into one-inch chunks. Melt butter in a heavy bottom pot. Sauté onion on low heat until soft, do not brown. Add chicken broth, carrots, potato, ginger, pepper and cayenne

(if using). Cover, bring to a boil, reduce heat and simmer 20 minutes.

Allow to cool. Puree mixture in blender or food processor. Stir evaporated milk into puree soup mixture. Reheat if necessary, but do not let boil. (1-1/2 cups of plain, low-fat yogurt can be substituted for the evaporated milk). Recipe can be doubled. If making ahead for refrigeration or freezer, do not add evaporated milk until ready to serve. Makes 6 to 8 servings.

Maple carrots & parsnips

- 2 cups peeled, sliced carrots
- 2 cups peeled, sliced parsnips
- 2 tbsp water
- 1/4 cup Ontario Maple Syrup
- 2 tbsp butter
- 2 tbsp chopped candied ginger
- 2 tbsp chopped parsley

Combine peeled, sliced carrots with peeled, sliced parsnips and water. Microwave, covered on high power for 10 minutes, stirring halfway through; drain, stir in maple syrup and butter and chopped candied ginger until richly glazed. Sprinkle with chopped parsley. Makes 4 cups. Great with chicken and roast pork.

Carrot pie

- 3 medium carrots
- 4 ounces cream cheese
- 1/2 cup water
- 3 tbsp sugar
- 2 tsp lemon juice
- pinch ground ginger
- 2 eggs
- 9-inch pie shell (pre-baked at 425 F for 10 minutes and cooled)
- 1/4 tsp grated nutmeg

Scrape carrots, shred on fine disk of shredder or food processor. Set aside. Combine cheese, water, sugar, lemon juice and ginger in blender or food processor, process until mixture is smooth. Add eggs. Process for a few seconds more until uniformly blended.

Pour into bowl. Add shredded carrot, mix well. Pour into prepared pie shell, sprinkle with nutmeg. Bake in 375 F oven for 30 to 40 minutes or until the centre is set. Let cool, then refrigerate. Makes 6 to 8 servings.

Baked carrot ring

- 12 carrots
- 1 onion
- 2 cups milk
- 1/2 cup cracker crumbs
- 3 eggs, beaten
- 1/4 cup melted butter
- 1/2 tsp white pepper

Scrape and grate carrots. Chop onion finely. In medium saucepan cook carrots 3 minutes in a small amount of boiling water. Drain, combine cooked carrots, onion, milk, cracker crumbs, eggs, butter and pepper.

Pour into well greased 6-cup ring mould or loaf pan. Place in pan of hot water and bake in preheated 350 F oven for 45 minutes or until set.

Run a knife around the outside edges of the mould and invert on serving dish. Serve hot.

Centre of the mould may be filled with another vegetable in a contrasting color such as green peas or it can be served with chicken or fish.



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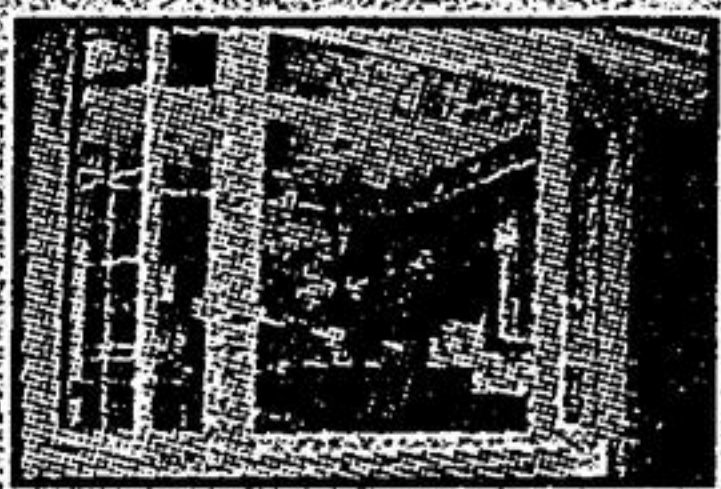
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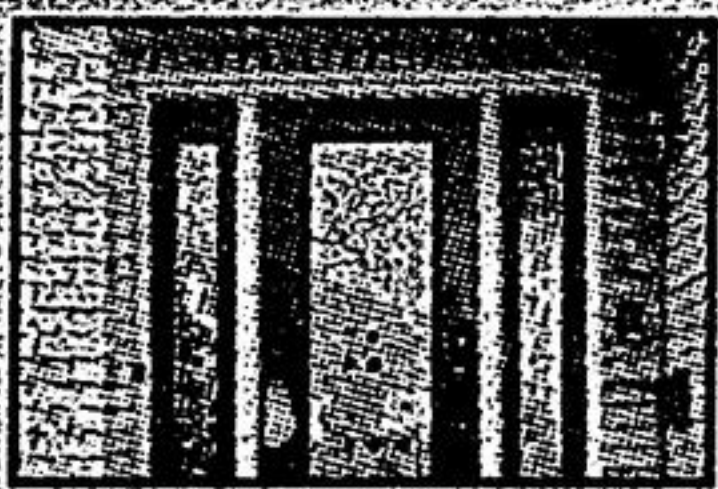
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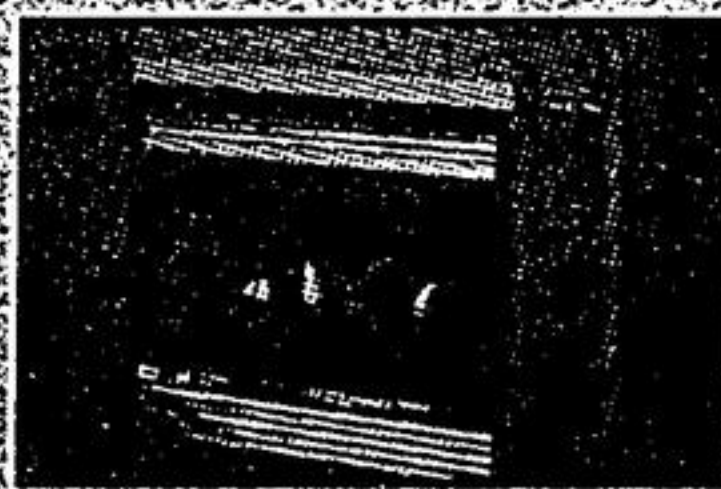
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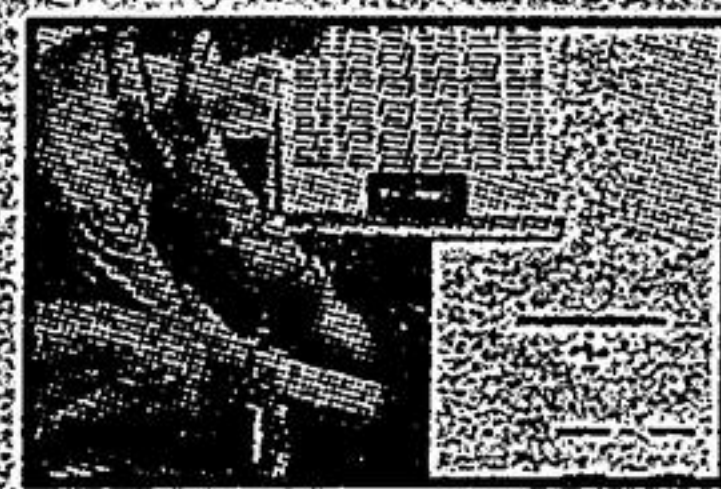
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