

Carrot Puree

This flavorful and versatile recipe is from
The Moosewood Cookbook by Molly Katzen

3 medium	carrots, peeled and cut into 1-inch chunks
1/2 tsp.	salt
1/4 tsp.	cumin (optional)
1/4 tsp.	minced garlic
1 tsp.	minced fresh dill
3 tbsp.	orange juice (maybe more)
1/2 tsp.	fresh lemon juice
1 cup	water

1) Preheat oven to 400 degrees F. Lightly oil a baking tray, and spread out the carrots. Roast for 20 - 30 minutes, or until tender. Remove from oven and allow carrots to cool for about 15 minutes.

2) Put cooked carrots in a food processor or blender with all the other ingredients, and puree until very smooth (you may need to do this in batches). For an even silkier result, pour the puree through a mesh strainer into a bowl.

3) Correct seasonings, if necessary. If you'd like, you could thin the puree a little by adding a small amount of extra orange juice.

* Serve at room temperature in cooked asparagus or broccoli, as a garnish for soup, on crepes, zuccanoes, baked or grilled fish, or on whatever else you can think of.

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Shopping List

Carrot Puree

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
carrots	3 medium	_____
salt	1/2 tsp.	_____
cumin	1/4 tsp.	_____
minced garlic	1/4 tsp.	_____
minced fresh dill	1 tsp.	_____
orange juice	3 tbsp.	_____
fresh lemon juice	1/2 tsp.	_____

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