

Creamy Roasted Carrot Soup

- Barbara Linder

- 1 lb. carrots, peeled and cut into ½ inch dice
- 1 T extra virgin olive oil
- 2 T butter, unsalted
- 1 shallot, minced
- 2 T fresh ginger, grated
- ¼ t fresh thyme
- 4 cups vegetable stock
- ¼ cup heavy cream
- 1 t salt
- ¼ t nutmeg

Optional toppings:

- Bacon pieces
- Sage leaves

Preheat oven to 425°F. Toss carrots in 1 T of olive oil and place on a large baking sheet or roasting pan. Roast the carrots for 45 minutes until they begin to brown, stirring after the first 25 minutes. Remove from oven.

Heat the butter in a large stock pot over medium heat. Add the shallot and sauté until translucent. Add the ginger, nutmeg and thyme, and sauté 2 minutes longer. Stir in the roasted carrots, broth, and salt. Bring the soup to a boil and reduce to a simmer. Cover and let simmer for 45 minutes.

Using an immersion blender (or food processor), purée until smooth. Stir in heavy cream. Top with fried sage or bacon pieces.

Molasses Ginger Glazed Carrots

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- 4 T unsalted butter
- 1 pound baby carrots (various colors – purple, orange, white), peeled, left whole, leaving only a small spring of the green top attached**
- 2 T peeled fresh ginger, grated using a microplane
- 4 T molasses
- ¼ c fresh orange juice
- 1 ½ t salt
- Freshly ground black pepper

Melt butter in a large skillet over medium-high heat. Saute the carrots for 5-6 minutes until softened slightly. Add the ginger, orange juice and molasses, and cook until the carrots are tender and the liquid has been reduced to a syrupy glaze, approximately 6 minutes. Season with salt and pepper to taste. Sprinkle with chopped carrot greens.

** Reserve some of the carrot tops to use as a garnish.

Heirloom Carrot and yoghurt salad with pecan crumble

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Carrots:

- 1 lb heirloom carrots of various colors, peeled and trimmed

Using a vegetable peeler, peel ribbons of carrots, approximately 1 cup. Slice the remaining part of the carrot into long strips, ¼ thick.

Place carrot ribbons in a bowl of ice water. Meanwhile, quickly blanch carrot strips, then immediately plunge in to an ice bath. Remove ribbons and strips, and pat dry.

Honey Vanilla Yoghurt:

- ¼ cup plain Greek yoghurt
- 1 tsp honey
- ¼ tsp vanilla extract

Combine Greek yoghurt with honey and vanilla extract.

Pecan Crumble:

- ½ cup all-purpose flour
- 2 ½ T light brown sugar
- ¼ teaspoon nutmeg
- ¼ teaspoon ground cinnamon
- ¼ cup chopped pecans
- ¼ cup butter, melted

Preheat oven to 350 . In a medium bowl, combine flour, brown sugar, nutmeg, and cinnamon. Stir in pecans. Add melted butter and stir to combine. Spread mixture into an ungreased 9x13 baking pan. Bake for 15 to 18 minutes, or until slightly browned, stirring occasionally to produce a crumble. Let cool completely.

To assemble:

Place a spoonful of the yoghurt mixture off center on the plate and drag a spoon through it to make an artistic “swoosh.” Layer carrot strips and ribbons alternately in a concise pile. Top with pecan crumble.