

# Carrots

Carrots, flashes of vivid orange twisted up from the dark brown soil, are nearly as delightful to harvest as they are to eat. Countless dishes owe their sweet flavor, enticing color, and satisfying texture to this universally loved, crispy-sweet vegetable.

## STORAGE

Remove the leafy green tops, leaving about an inch of stems. Refrigerate dry, unwashed carrots in a plastic bag for two weeks or longer.

## HANDLING

Peel carrots or scrub carrots well with a stiff brush just before using. Trim off any green spots, which can taste bitter. When slicing or chopping carrots for cooking, be sure to make all the pieces relatively the same size; this will ensure an evenly cooked dish.

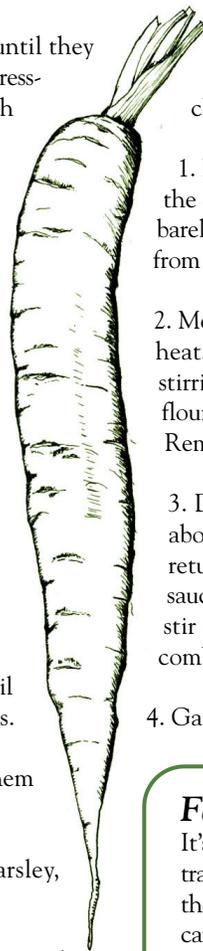
## Spiced Carrot Salad

In this exotic recipe from Morocco, carrots are blanched until they are barely tender, then marinated in a lemony-sweet spiced dressing. Slivered dried prunes and/or chopped black olives (both common Moroccan ingredients) or a handful of currants make great additions to this recipe. *Angelic Organics Kitchen*.

Serves 4 to 6

2 cups diagonally sliced or julienned carrots  
3 tablespoons finely chopped fresh parsley  
2 tablespoons finely chopped fresh cilantro  
1 tablespoon finely chopped fresh mint  
2 tablespoons freshly squeezed lemon juice  
2 cloves garlic minced (about 1 teaspoon)  
1/2 teaspoon ground cumin  
1/2 teaspoon ground cinnamon  
1/2 teaspoon paprika  
1/8 teaspoon cayenne pepper  
1 teaspoon sugar  
1/3 cup olive oil  
lemon slices

1. Bring a medium pot of water to a boil. Add the carrots; boil until barely tender and still brightly colored, 1 to 2 minutes.
2. Drain the carrots and immediately run cold water over them to stop the cooking. Drain well.
3. Transfer the carrots to a large salad bowl. Add the parsley, cilantro, and mint; toss to combine.
4. Mix the lemon juice, garlic, cumin, cinnamon, paprika, and cayenne in a small bowl. Stir in the sugar. Slowly pour in the olive oil in a thin stream, whisking constantly, until the dressing is thick and no longer separates.
5. Pour the dressing over the carrots and toss until well coated. Cover and refrigerate for at least 2 hours.
6. Let the salad come to room temperature before serving. Top each serving with a lemon slice.



## Orange Curry Carrots

This dish is a nice accompaniment to a chicken curry; it's a fine side at a luncheon of sandwiches and makes a simple vegetarian meal on its own over a helping of basmati rice. Don't be shy adding the banana—that's what makes this dish unique and delicious. *Angelic Organics Kitchen*. Serves 4

1 cup freshly squeezed orange juice (about 2 medium oranges)  
1 cup water  
4 cups 1/4-inch-sliced carrots (about 6 medium carrots)  
1/2 cup raisins  
2 tablespoons ghee or butter  
2 teaspoons curry powder  
1/2 teaspoon turmeric seeds from 3–4 cardamom pods, ground (optional)  
2 tablespoons flour  
1 very ripe banana, peeled, mashed  
1/2 teaspoon salt  
freshly ground black pepper  
chopped fresh cilantro

1. Bring the orange juice and water to a boil in a medium pot. Add the carrots and reduce the heat to a simmer; cook, uncovered, until barely tender, about 6 minutes. Stir in the raisins and remove the pot from heat; let stand.
2. Melt the ghee or butter in a large skillet or pot over medium-high heat. Add the curry powder, turmeric, and cardamom seeds; cook, stirring constantly, just until fragrant, 1 to 2 minutes. Sprinkle the flour into the skillet and stir constantly until a smooth paste forms. Remove from heat.
3. Drain the carrots and raisins, reserving the orange liquid. Add about half of the liquid to the curry powder mixture in the skillet, return the skillet to medium heat, and stir to combine. When the sauce thickens nicely, slowly add in the rest of the liquid, and then stir in the mashed banana. Add the carrots and raisins and stir to combine. Season with salt and pepper to taste.
4. Garnish with cilantro and serve immediately

## Farmer John Writes

It's a miracle that we got the carrots out of the ground. The tractor had a flat tire. I got it repaired in town, and returned to the farm and a brooding horizon. Primo and I raced to put the carrot lifter on the tractor. Winds started to blow, the sky went psychedelic, the morning night turned dark like night. I lowered the lifter into the hard clay. The tractor screamed through the wind. The lathe on the lifter sliced under the carrots. Workers converged from all over the farm. They raced down the row, yanking carrots from the ground. The clouds were shadows of themselves—low, swirling. Cold pellets of water pelted us. Carrots flew. Rain streamed. We reached the end of the row as the hard ground was turning to mud. Enjoy your carrots.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).



