



The Carrot

Kitchen garden plant of the umbelliferae family originating from the middle ages and from Central Asia, cultivated for its edible roots. The ancestor of the carrot was purple and was utilised by the Greeks and Romans for medicinal purposes.

Little appreciated as a vegetable, it was just a tough, yellow root until the middle ages. It did not acquire its orange colour until the middle of the 19th century, thanks to the intervention of French agriculturalists. Its colour can now be yellow, red, purple or black. The Creances carrot is particular in that it grows in sand.

Choice

Choose firm, fresh carrots with an intense colour and with lively green leaves when they are sold by the bunch with their tops intact. Discard any carrots that are soft, or squashy or have begun to sprout. Their season runs from July to November.

Consumption

Raw, they are eaten plain or in salads or as an hors d'œuvre. They can also be incorporated into cake mixes and biscuit dough. Cooked, carrots are served as an accompaniment. On their own they can be enjoyed mixed with a little cream, as part of mixed vegetables, glazed or simply served with butter. They can also be included in soups, stews, souffles, quiches etc.

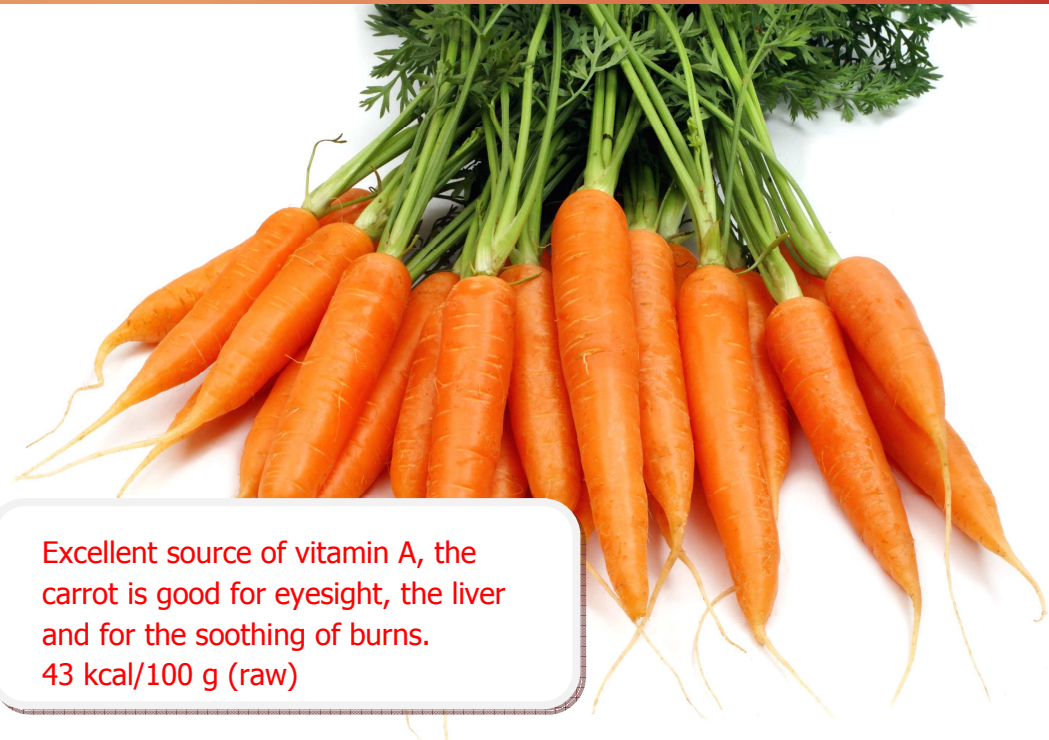
Conservation

Keep baby carrots (the most fragile) in the refrigerator drawer for no more than two days. Older carrots can be kept there for at least a week.

Carrots that have been grated and blanched for three minutes in boiling water freeze well. They can also be preserved in vinegar.



In the heart of the European Union a ruling stipulates that only fruits can serve as the base of jam making. To protect carrot jam, a Portuguese speciality, the carrot today has the legal status of a fruit.



Excellent source of vitamin A, the carrot is good for eyesight, the liver and for the soothing of burns.
43 kcal/100 g (raw)



PREPARATION

Wash carrots gently and only peel if they are old. Cut carrots **on the diagonal** to maximise the external surface area which contains the most flavour and nutrients.



COOKING

Cook carrots as briefly as possible to preserve maximum flavour and nutritional value..



PRESENTATION

Carrots can be presented in many ways : whole, cut into batons, rounds or segments ; julienned or dice ; sliced or grated more or less finely.

RECIPE SUGGESTIONS

Salmon steak with braised **sifflets** lemon carrots

Tandoori breast of chicken with cumin flavoured carrots

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