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SMASHED CARROTS

By Susie Iventosch



Smashed Carrots Photo Susie Iventosch

Celine's Notes:

A savory and sweet version of this dish can be made. Ingredient substitutions for the sweet version are noted in the ingredient list. This dish can be made ahead of time, and reheated in either a microwave or in an oven. This is a dish I happened upon by accident. Back when my husband Shon and I first had kids, I made my own baby food, and one day made way too much carrot puree. I didn't have any stock on hand, so making a soup was out of the question. I did have brown sugar and raisins however. This recipe has evolved over time, and because I don't like to break out the blender, it is reserved for special birthday requests or major holidays. When it does come out, it's gone in minutes!

Susie's Notes:

I used a small food processor to puree the carrots in batches, since we don't have an immersion blender and it worked just fine.

INGREDIENTS

2 lb. bag of baby carrots

4 cups water

1 cinnamon stick

4 tablespoons butter

3/4 teaspoon ground ginger

3/4 teaspoon all-spice

3/4 teaspoon ground cinnamon

1/4 teaspoon dried orange peel, or zest of 1 orange

4 tablespoons maple syrup (for sweet version, substitute

3T brown sugar, and 1T orange marmalade)

2 tablespoons creme fraiche for savory version only

(I don't recommend substituting sour cream, or anything else as it gives the dish a

very heavy/paste-like mouth feel)

1 tablespoon brown sugar for savory version

1 tablespoon honey for sweet version

1/3 cup dried currants (I don't recommend substituting the currants for a different dried fruit as it'll make the dish too chunky).

1 teaspoon fresh dill (for savory version only).

DIRECTIONS

1. In a heavy bottomed stainless steel pot (you're going to be using an immersion blender, so use a pot capable of withstanding heavy duty use), bring water to boil.
2. Add in carrots and cinnamon stick.
3. Boil for 15 minutes/until fork is easily inserted into a carrot.
4. Remove cinnamon stick and discard.
5. Drain pot of water into a cup (you'll need it for later), leaving carrots in pot.
6. Put pot over low heat.
7. Add in butter, ginger, all-spice, ground cinnamon, orange peel or zest, maple syrup (or brown sugar and orange marmalade) to pot. Mix until butter is melted.
8. Take pot off of heat, and blend carrots using an immersion blender, adding in small amounts of reserved water if the mixture becomes too dry.
9. Blend until smooth.
10. For savory version - add in creme fraiche, and fold into the mashed carrots.
11. Scoop into serving bowl.
12. For savory version - sprinkle top with brown sugar. For sweet version - drizzle with honey.
13. For savory version - top with dried currants and dill. For sweet version - top with dried currants.



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[back](#)

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