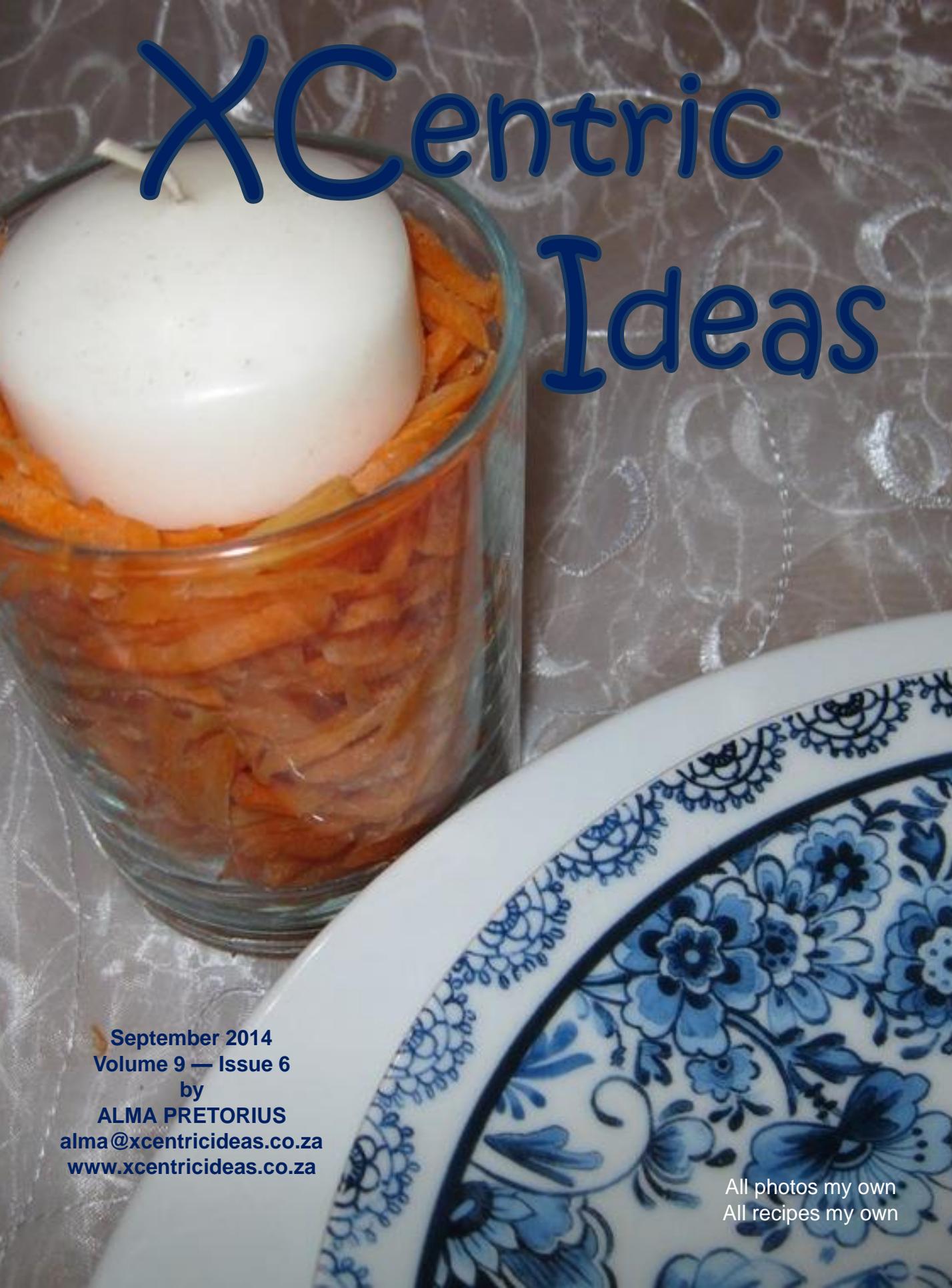


XCentric Ideas

A glass candle holder with a white candle and orange shavings, next to a blue and white floral plate. The background is a light-colored, patterned fabric.

September 2014
Volume 9 — Issue 6
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

All photos my own
All recipes my own

Carrot Trivia

Carrot on dinner table:

Peel carrots, cut into thin matchsticks and place upright into a whisky glass filled with water. Ideal for guests to munch on.

Carrots as décor:

Grate 'tired' carrots, fill a whisky glass and add a long candle, or tealight (picture on front).

Carrots as medicine:

Carrots were grown firstly for medicine, not as food.

Carrots – raw or cooked?

Carrots are better digested in the body when cooked.

Carrots and skin:

Eating too many carrots can cause a person's skin to turn yellowish orange, especially on the palms or soles of the feet. This is called *carotenemia*. It is completely reversible once the consumption of carrots is reduced.

Carrots and energy:

Three carrots can give you enough energy to walk 3 miles



Carrot dumplings

- 160 g carrots, peeled, grated
- 2 tbsp Smash powder (or very fine breadcrumbs)
- Grated ginger, to taste
- Pinch of salt
- 1 tsp Pimento Allspice (optional)
- 1 ½ tbsp Greek Yoghurt/Natural Yoghurt

Mix everything together, squish it together with your hands and form balls. Place it on a microwaveable plate, cover with a microwave lid (or place balls in a microwave dish with a lid) and microwave on High for 2 – 3 minutes. (I still like a crunchy carrot, so I microwaved mine for 2 minutes.) Keep the balls in fridge till later.

Make your favourite soup and add the dumplings the last few minutes.



Carrot-Egg-Salad-Sandwich

Carrots, grated
Oil, for frying
2 Eggs
Smooth cottage cheese
Splash of Tabasco Sauce
Salt, pepper, spices

Heat oil in frying pan, fry the carrots till soft (or crunchy, depends on you.) Break in the eggs and scramble it together with the carrots. Let it cool a bit.

Add cottage cheese, salt, pepper, Tabasco sauce and spices to the carrot-egg mixture. Spoon onto your sandwich and enjoy.

You can also add gherkins, olives, capers, ketchup, etc.



Carrot-Onion-Raisin Chutney

2 cups carrot, peeled, cubed

¼ cup brown sugar

1 tsp grated fresh ginger

½ tsp cinnamon

1 medium onion, diced

1 Granny Smith apple, diced

1 onion, chopped roughly

¼ cup white/brown vinegar

1 tsp ground cumin

Salt, Pepper

1 cup pitted raisins

Steam the carrots and apple cubes till tender, either on stove or in microwave. Drain the carrot and apple cubes.

In small pot on the stove, combine onion, sugar, vinegar, ginger, raisins, cumin, cinnamon, salt & pepper. Stir in carrot & apple cubes; bring to boil. Reduce heat and simmer, covered, for about 20 minutes. Spoon out ¼ of mixture, blend it coarsely, mix in with rest of mixture in pot. Simmer till it resembles chutney-consistency. Keep in fridge.



Carrot Pizza Crust

- 2 - 3 medium carrots
- 1 tsp garlic, crushed finely
- 1 large egg
- 1/4 cup cheddar cheese, grated
- spices

Preheat oven to 200 oC. Line a cookie pan with baking paper. In a food processor, blend carrots until finely chopped. Wrap carrot in clean tea towel, squeeze carrot 'water' out. It should be about 1 cup of carrot, place in bowl. Stir in garlic, egg, spices and cheese and mix well. Spread out the mixture onto prepared cookie pan (circle or square). Bake for 10 - 12 minutes, until just starting to brown around the outside and top appears dry. Add toppings, place back in the oven for another 5 minutes or till your pizza looks ready.



Carrot Ribbon Pasta

Carrots

With your potato peeler, first peel the outside of carrots. If you want broad pasta ribbons, use big carrots. Now with potato peeler, make ribbons from rest of peeled carrots.

Steam in water for a few minutes – use either your stove top or microwave. You can decide how ‘al dente’ you want your ‘pasta ribbons’ to be.

Strain your ‘ribbons’, add your pasta sauce and enjoy. **A MUST!!!!**

You can also make carrot salad .. Strain carrots, add pineapple cubes/orange slices, orange juice, raisins and salt. Deeeevine!!!!!!



Carrot Oven Fries

Carrots, cut into chips
Oil (any kind)
Salt (or spices)

Preheat your oven to 220 oC. In a bowl, coat the carrot 'chips' with oil and salt (spices). Spread out onto a cookie sheet and bake for 10 - 15 minutes, or till crisp.

Fantastic snack!!!!



Carrot Veggie Burger

400 g can Kidney Beans, drained and rinsed well
2 tbsp flour / instant potato flakes (Smash), ground Oats
50 g carrots, grated
1 onion, finely chopped
Fresh coriander / parsley, chopped
1 tsp cumin powder
Salt, Pepper
Oil, for frying

Put the kidney beans in a pan on oven and cover with water. Let it boil, simmer for 10 minutes to soften, drain. In mixing bowl, add the carrots, onion, grated carrot, cumin, coriander/parsley, spices and kidney beans. Mash everything together to a smooth-ish puree. Add the flour/Smash/Oats and mix well. Form patties.

Preheat oven to 180 oC. On greased cookie sheet, place patties and bake for 5 minutes, carefully turn over and bake for another 5 minutes. (or you can fry it in shallow oil on stove.)



Carrot-Coconut-Orange Muffins

75g margarine/butter , melted
2 big oranges, zested and juiced
300g plain flour
90 - 100g caster sugar
½ cup desiccated coconut
Pinch salt

100 g carrots, peeled, grated
1 large egg, beaten
2 tsp baking powder
½ tsp ground cinnamon
Finely crushed ginger biscuits

Heat the oven to 210 oC. Grease muffin pans. Mix the flour, caster sugar, orange zest, coconut, carrots, baking powder and cinnamon together in a large bowl with the salt. Whisk together the carrots, marg/butter, orange juice and egg, stir this into the dry ingredients, but don't overmix - it's better if it's a bit lumpy. Spoon into the muffin tin, topped with crushed ginger biscuits and bake for 20-25 minutes until risen, or till test skewer comes out clean.