

CARROTS

Carrots are particularly useful in wartime as they contain protective substances which help us to resist infection and to see better in the blackout. The same protective substances are also present in milk, butter, margarine and cheese, but since supplies of these foods are limited, carrots help to make good the shortage.

There is very little of the "fruit vitamin" in carrots so it is an improvement to sprinkle them with coarsely chopped parsley just before they are put on the table.

The sweetness of carrots makes it possible to use them to replace part of the sugar in puddings and cakes. Suggestions for using them in this way are given on the back page of this leaflet.

Boiled Carrots

Wash and scrape the carrots and if large cut into rings. Cook in a small quantity of boiling salted water in a covered saucepan until tender. Drain and sprinkle with coarsely chopped parsley or the coarsely chopped feathery tops of the carrots.

Carrots Baked Round the Joint

Wash and scrape the carrots, if large cut in halves or quarters lengthwise. Put them in the baking tin round the joint. Cover with margarine paper, until the last 10 minutes. (Baking time approx. 40 minutes.)

Carrots and Sprouts

Scrape and slice carrots. Wash the sprouts in cold salt water and cut across the base of the stalk. Cook together in a small quantity of boiling salted water in a covered saucepan. When tender drain and serve. The addition of a knob of margarine is an improvement.



Recipes (All quantities for 4 persons)

Cooked Carrot Salad

1 lb. cooked carrots	<i>Salad dressing</i>	
1 lb. cooked potatoes	½ pt. white sauce	
1 small cooked beetroot	salt, pepper	} to taste
cabbage, or lettuce	mustard, vinegar	
grated cheese		

Cut carrots, potatoes and beetroot into dice. Toss in salad dressing. Arrange on a bed of lettuce, or shredded cabbage. Serve with grated cheese.

Raw Carrot Salad

6 ozs. raw cabbage	<i>Dressing.</i>	
4 ozs. raw carrot	3 tablespoonfuls vinegar	
2 tablespoonfuls coarsely	1 teaspoonful mustard, pepper,	
chopped parsley	and sugar mixed	
	½ teaspoonful salt	

Mix together dressing ingredients. Shred the cabbage. Cut half of the carrots in quarters lengthwise. Grate the other half and mix with the shredded cabbage and coarsely chopped parsley. Toss in the dressing and arrange on a plate. Decorate with quartered carrot cut in thin slices.

Carrot and Potato Soup

½ lb. carrots	salt and pepper
2 pints water	1 level tablespoonful flour
2 onions, if available	½ pint milk
½ lb. potatoes	1 tablespoonful coarsely
3-4 cloves	chopped parsley

Prepare carrots and cut into thin slices, boil for 15 minutes in 2 pints of water, add chopped onions, sliced potatoes, cloves, salt and pepper, and cook until all ingredients are soft. Strain off liquor and either mash potatoes and carrots, or put through a sieve. Return all to saucepan adding more water if necessary. Blend flour and milk, add to soup, bring to boil and cook for 3-4 minutes, stirring all the time. Add chopped parsley, stir and serve.

Cheese and Carrot Flan

<i>Oatmeal Pastry.</i>	<i>The Filling.</i>
4 ozs. flour	½ lb. cooked carrots
3 ozs. oatmeal	4 ozs. grated cheese
1½ ozs. fat	1 tablespoonful flour
Pinch of salt	½ pint of vegetable stock or
Water to mix	household milk

To make pastry, mix flour and salt, rub in fat, add Oatmeal and enough water to make a stiff dough. Roll out and line flan ring, or sandwich tin. Bake for 15 minutes. To make filling, chop carrots and place in pastry case. Mix the flour to smooth paste with a little stock or milk. Heat the remaining liquid, add flour and boil 2 or three minutes. Add cheese, stir till melted. Beat well till smooth. Pour over carrots and put back at top of oven until brown.

Savoury Bake

$\frac{1}{2}$ lb. carrots, raw	2-3 ozs. cooked meat, or fresh
$\frac{1}{2}$ lb. potatoes, raw	mince
6 ozs. oatmeal	salt, pepper and mixed herbs.

Grate the carrots and potatoes, add the diced cooked meat or fresh mince, herbs, and oatmeal; season to taste. Press into a greased tin. Bake in a moderate oven for 1-1 $\frac{1}{2}$ hours. Cut into squares and serve.

Carrot Croquettes

12 ozs. finely grated carrot, raw	pepper
6 ozs. finely grated potato, raw	$\frac{1}{2}$ teaspoonful dry mustard,
4 ozs. grated cheese	3 ozs. oatmeal
1 $\frac{1}{2}$ teaspoonfuls salt	

Mix the finely grated vegetables and cheese. Season, add the oatmeal to form a fairly stiff mixture. Form into croquettes and fry in hot fat.

Carrot Scramble

1 lb. cooked diced mixed vegetables—for example, potatoes, peas, beans, cabbage	
1 lb. cooked diced carrot	
2-4 ozs. chopped grilled bacon	
3 ozs. breadcrumbs	
2 reconstituted eggs—	{ 2 level tablespoonfuls egg
chopped parsley	4 " " " water
pepper and salt	

Mix all the ingredients together. Melt a little dripping in a frying pan, and when hot put the mixture in and spread it over the pan. Put on a saucepan lid and cook it for about 20 minutes, shaking occasionally, until brown. Turn out on to a dish, and serve with shredded raw cabbage or lettuce. This dish can be baked in a greased baking tin in the oven when a little more liquid should be added.

Carrot and Cheese Savoury

Equal quantities of finely grated carrot and grated cheese	
Mustard, salt and pepper	Coarsely chopped parsley

Thoroughly mix the carrot and cheese together, into a smooth creamy spread. Season with the mustard, pepper and salt, and add the chopped parsley. Serve on toast, or as a sandwich filling.

Ohio Pudding

2 ozs. flour
2 level teaspoonfuls baking powder
1 oz. sugar
2½ ozs. raw grated carrot

4 ozs. raw grated potato
2 oz. dried fruit
1 level teaspoonful salt
1 level teaspoonful bicarbonate of soda

Mix all the ingredients together.
Put into a greased basin, cover with greased greaseproof paper, and steam 2 hours.

Carrot Cake

6 ozs. flour
1 level teaspoonful baking powder
3 ozs. fat
3 ozs. oatmeal
3 tablespoonfuls raw grated carrot

1½ tablespoonfuls sugar
1 tablespoonful dried fruit
1 dried egg (reconstituted)
1 dessertspoonful syrup
water to mix

Rub fat into flour, add dry ingredients and carrots and mix thoroughly. Add the syrup, reconstituted egg, and sufficient water to form a fairly stiff consistency. Place in a greased tin and bake in a moderate oven for 1 hour.

Carrot Charlotte

8 ozs. carrots, diced or sliced
Orange or lemon essence to flavour
1 tablespoon syrup

A few sultanas
1 oz. suet or margarine
4 ozs. breadcrumbs
Cinnamon to taste

Cook the carrots with the orange or lemon essence, syrup and sultanas, in a very little water. Cook until water is absorbed. Mix suet and breadcrumbs together. (If using margarine, melt and mix in crumbs). Add cinnamon and press part of the mixture into a greased pie-dish. Add some of the carrots and repeat layers to fill dish. Bake in a moderate oven for about 40 minutes. Turn out and serve with custard sauce.

How to Store Carrots

The secret of storing carrots is in lifting them (pulling them up) in good condition. Lift them during dry weather, not later than the middle of October. Reject all blemished carrots and all damaged or forked roots. It is not necessary to clean them, but be careful to see they are quite dry.

You will need a dry shed for your storing, if possible with a stone or concrete floor, and some slightly moist sand. If you cannot get sand, earth taken from the top of the ground, shaken through a very fine sieve and slightly moistened, is the best substitute.

Lay alternate rows of carrots and sand (or earth) either on the ground, in pyramid shape, or in boxes. Cover your pyramid or box with sand (or earth). Put over it a layer of straw as a safeguard against frost. The carrots should be stored crown to tail in rows. Use the carrots as you require them, but take care that the remaining pile is always well covered. It is a wise plan to rebuild your pyramid at least once during the winter.



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