

CARROTS



Produced by the Little Burgundy Coalition's Health and Food Committee and the Osez la santé team at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal

Carrots are a classic. Nutrient dense, full of flavour and very versatile!

COOKING THEM

Cooking depends on what you want to make with the carrots. If you overcook your carrots, why not puree them with potatoes?

VARIETIES

Orange carrots are the most popular. But you can also find other colour variations: light yellow, red and purple carrots. The taste does not vary much, but it's a great way of livening up your meals!

BUYING THEM

Choose firm, brightly coloured carrots. Carrots are usually sold without the stems and greens in order to minimize loss of humidity. If the greens are present, make sure the carrots are firm and bright.

PREPARING THEM

Wash your carrots well, and then you have many possibilities!

USING THEM

Carrots can be eaten raw, cooked or pickled. You can cut them into sticks and enjoy with a dip, or grate them to make a cake!

Carrots can easily be added to soups or sauces, and just roasting them with a bit of olive oil and a touch of salt is also delicious. They are a very versatile root!

NUTRITIONAL VALUE

Carrots are very rich in vitamins and minerals! They are especially an excellent source of vitamin A, which is why they are precious for our eyes. Carrots are also a good source of vitamin C, magnesium, potassium, thiamin, vitamin B6, and folic acid.

CONSERVATION

Carrots can keep for about 2 weeks in the refrigerator. It is better to wrap them well so that they do not lose too much humidity. The best way to conserve carrots is to bury them in sand without washing them. This will keep them fresh for over 6 months!

Raw carrots do not freeze well because their texture becomes too soggy after freezing. However, once they are cooked, they can be frozen in various forms.

DID YOU KNOW THAT ...

The carrot only got its orange colour in the 19th century! Its ancestor was dark purple with a rough texture that was not very appreciated. La carotte n'a acquis sa couleur orangée qu'au XIXe siècle!

CARROT SOUP

PREP TIME : 20 MINUTES

COOKING TIME : 15-30 MINUTES

PORTIONS : 4



INGREDIENTS

1,25 litre (5 cups)

1

1 litre (4 cups)

Salt and pepper

Chicken or vegetable stocks

Onion, peeled and chopped

Carrots, sliced

You can also spices or herbs according to your tastes: fresh ground ginger, cumin, coriander, parsley, etc.

PROCEDURE

Pour the chicken or vegetable stock into a large pot, add the onion and carrots.

Add a pinch of salt and pepper.

Bring to a boil and let simmer on medium heat between 15 and 30 minutes. The carrots should be very soft then you poke them with a fork.

Pour the soup into a blender. Puree until smooth to make a creamy soup. Taste and add salt as needed.

CARROT AND CORIANDER SALAD

PREP TIME : 15 MINUTES

COOKING TIME : NO COOKING

PORTIONS : 4



INGREDIENTS

6 carrots*, grated or cut into matchsticks

Juice and zest of 1 orange (wash it well)

1 big handful of fresh coriander, roughly chopped

1 to 2 tablespoons of extra virgin olive oil

A little bit of lemon juice or apple cidre vinegar

1 to 2 teaspoons of grilled sesame seeds (optional)

Salt and pepper

PROCEDURE

Combine all the ingredients in a bowl and serve!

*If you want to add more colour, choose a combination of purple and orange carrots.