



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **CARROTS**

Carribbean Hot Sauce

Ingredients:

1 cup carrots, roughly chopped
¼ cup white vinegar
3-5 habanero peppers, seeded and roughly chopped
3 cloves garlic, roughly chopped
1 small white onion, roughly chopped
2 cups ripe mango or pineapple, roughly chopped
¼ cup sugar
½ tsp turmeric
3 Tbs vegetable oil
1 lime, juiced
Salt to taste
Water

Directions:

In a 2-quart pot heat the vegetable oil and sauté onion until translucent. Add garlic, sautéing for another 30 seconds. Add the remaining ingredients and 2 cups water. (The amount of peppers you use depends on how much heat you prefer) Simmer the mixture for 20 minutes, taste. Pour the mixture into a food processor and process until the sauce is completely smooth. Add more water if needed. The hot sauce should be thin not runny.

*If the fruit isn't sweet enough, and you're afraid adding water to thin out the sauce will take away from the flavor, you can try straining the sauce to remove some of the pulp.