

A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Carrot Cake

Hero ingredient: Carrots

Ingredients

- 2 cups shredded carrots
- 2 cups flour
- 2 tsp vanilla
- 2 tsp baking soda
- 2 tsp cinnamon
- $\frac{3}{4}$ cup granulated sugar
- 1 cup raisins
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup oil
- 3 eggs
- $\frac{1}{2}$ tsp ground cloves
- dash of salt

Directions

Grease and flour a 9x13 inch baking pan. Set aside. Preheat your oven to 350F.

Whisk together all the dry ingredients. Add in all the wet ingredients and whisk together until just blended. Stir in the carrots and raisins. Pour into the baking pan and bake for 25-30 minutes or until a toothpick comes out clean. Allow to cool before cutting into squares.



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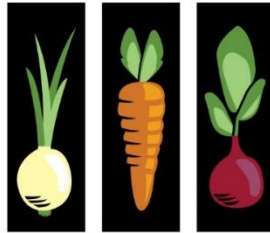
Pan Seared Carrots

Hero ingredient: Carrots

- 3 Tbs oil
- 1 lb carrots, sliced
- 1 shallot, minced
- 1 Tbs herbs de province
- ice and water
- salt and pepper

Directions

In a small bowl, whisk together the herbs and oil. Set aside. Bring a 2-quart pot of water to boil. Safely, add the carrots to the boiling water. Allow to cook for 3 minutes. In the meantime, gather about 1 cup of ice in a large mixing bowl along with about 2 cups of water. Using a slotted spoon or a spider, transfer the carrots to the ice water bath. Allow to cool for a couple minutes. Pour the blanched carrots into a colander to drain. Pat the carrots with a paper towel or clean kitchen towel to dry them slightly. Place the carrots back in the bowl with the minced shallot. Drizzle with herb oil. Using your hand or a kitchen utensil, stir the carrots into the herb oil to coat evenly. Heat a pan on high heat. Drop in a sliced carrot, if it sizzles the pan is hot enough to get started. Pour half the carrots in the pan. Let them sear on one side for about 10-15 seconds. Using a spatula, flip the carrots over and sear for another 10-15 seconds. Depending on how hot your pan is, you may want sear a bit longer on both sides. You want to see a browning to slight black searing. Sprinkle lightly with salt and pepper



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Caribbean Hot Sauce

Hero ingredient: Carrots

Ingredients

- 3 garlic cloves
- 3 Tbs vegetable oil
- 1 cup carrots, roughly chopped
- 1 small onion, roughly chopped
- 1-2 cups water
- 1-2 habanero peppers, seeded
- 2 cups very ripe mango or pineapple, roughly chopped
- ¼ cup sugar
- ¼ cup white vinegar

Directions

Place all the ingredients except for the water in a blender. Blend and add water slowly through the top opening as necessary to get a thin consistency. Place in an airtight container and refrigerate overnight to allow the flavors to come together.