Fresh Vegetable

TUFTED CARROTS



Ref: CAR-01

Italian name: Carote con ciuffo

Weight Order: 6-7 kg

Description: These carrots are different than the standard industrial farm-grown carrot. They are smaller, sweeter, more delicate, softer on the inside, and even appropriate for small children to snack on. The greens of the carrots are excellent when tossed with dressing and eaten on their own, or an addition to a composed salad.

Season: all year round

Serving suggestion: Wash carrot roots and gently scrub them with a vegetable brush right before peeling them. You can enjoy carrots in several ways: Shredded raw carrots and chopped carrot greens make great additions to salads. Combine shredded carrots, beets and apples, and eat as a salad. For quick, nutritious soup that can be served hot or cold, purée boiled carrots and potatoes in a blender or food processor, and add herbs and spices to taste. Spiced carrot sticks are a flavorful variation on an old favorite at parties or at the dinner table. Soak carrot sticks in hot water spiced with cayenne, coriander seeds and salt. Allow to cool, drain and serve.

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