



Carrots

Carrots are one of our most versatile and nutritious vegetables. They're naturally sweet, especially when roasted, and rich in vitamin A to support vision and immunity, along with fiber for digestion.

They're delicious in soups, stews, and traybakes, or simply as a side steamed or roasted as a

Store:

- Always in the fridge to preserve its sugar content
- If unpeeled, place them unwashed in a sealed plastic bag in the salad drawer. Be sure to also top them to help them retain their moisture.
- If peeled, the method does not change. However, this will speed up dehydration.
- When stored properly, they can last up to a month in the fridge
- If already cut, wrap in a damp paper towel and place in a sealed plastic bag.
- Cut carrots only last between 2 to three days in the fridge

Freeze:

- It is possible to freeze carrots, but it is strongly recommended to blanch them first.
- The boiling water will deteriorate the enzymes within the carrot that create an unpleasant texture and flavour upon defrosting.

Give them a new lease of life

If the carrots have become limp, submerging them in a bowl of cold water can render them crispy once more. That said, if this does not work, these carrots are still perfectly safe to eat, and just might mean they suit some recipes more than others.

Be sure to keep the green tops of carrots too, as they can be used as garnishes or mixed in with other ingredients to even make pesto or chimichurri.

Video Links

Whynham Street Cooking Demo