
Oregon State Agricultural College Extension Service

CORVALLIS, OREGON

Twenty Ways of Using Oregon Carrots

JESSAMINE C. WILLIAMS

Department of Foods and Nutrition,
School of Home Economics

Oregon produces approximately \$5,000,000 worth of vegetables annually, \$3,000,000 of which are produced commercially and \$2,000,000 in farm home gardens. Of this amount perhaps \$100,000 worth of carrots are produced annually, although less than half of this amount is produced commercially. Estimates indicate that carrots are grown commercially on about 400 acres of Oregon land, but probably more acres of home gardens are planted to carrots.

In addition to potatoes or dried beans an adequate diet should provide two vegetables a day, one preferably raw.

Carrots contain:

- (1) *Lime*—Needed for the growth of bones and teeth.
- (2) *Iron*—Needed for blood building.
- (3) *Vitamins*—Needed for resistance against disease and for general health. Carrots are especially high in vitamin A.
- (4) *Roughage*—Needed for good digestion as well as for elimination of waste from the body.

Cream of Carrot Soup

1 cup chopped or ground carrots cooked in water to cover	2 tablespoons butter
2 cups milk	1½ teaspoons salt
2 tablespoons flour	Pepper
	Slice onion

Cook chopped carrots until tender. Make white sauce of milk, flour and butter, adding salt, pepper, and onion minced fine. Add cooked carrots and liquor which should be reduced to $\frac{1}{4}$ cup. Chopped parsley may be added just before serving.

Cooperative Extension Work in Agriculture and Home Economics

Paul V. Maris, Director

Oregon State Agricultural College and United States Department of Agriculture, Cooperating
Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914

Five Minute Carrots

4 cups finely shredded carrots 2 teaspoons sugar
¾ cup boiling water 2 tablespoons butter or
¾ teaspoon salt ¾ cup cream

Place boiling water, sugar, and salt in broad saucepan and bring to a boil again. Add carrots, cover and boil rapidly for five to eight minutes or until tender. If too much water remains on carrots, drain and use for gravy or soup. Add butter or cream and serve immediately.

Carrot Omelet

6 eggs 1 pint creamed carrots
1 teaspoon salt 2 tablespoons fat for frying
1 tablespoon flour omelet
6 tablespoons milk

Prepare creamed carrots. Beat eggs until light. Add salt, flour and milk, and beat. Use moderate heat in making omelet. When the frying pan is moderately hot, add a little fat, pour in the egg mixture, and cook slowly. When bottom layer is set, lift it in a few places and allow liquid to run underneath and cook. When the egg mixture is set loosen the other half from the sides and bottom of pan, and with knife or spatula fold it over. Place creamed carrots on platter. Place omelet in center.

Carrots Au Gratin

1½ tablespoons butter 2 tablespoons flour
1 tablespoon green pepper ¾ cup stock
finely chopped ¼ cup cream
1 tablespoon onion, finely Salt and pepper to taste
chopped 2 cups cooked carrots

Melt butter, add green pepper and onion and cook three minutes. Add flour and blend thoroughly. Add stock, and cream, slowly, and stir until thickened. Season with salt and pepper. Put carrots in baking dish, pour sauce over them, cover with buttered crumbs and bake in moderate oven until crumbs are brown.

Carrot Loaf

2 cups ground carrots 2 cups strained tomatoes
2 cups bread crumbs 1 teaspoon salt
¾ cup chopped walnuts ½ teaspoon pepper
3 eggs 2 teaspoons minced onion

Mix the ingredients in order given. Shape the mixture into a loaf and put into a well-oiled baking pan. Steam the loaf for one hour, then brown in the oven. Serve with a white sauce. This is a good meat substitute.

Candied Carrots

6 medium sized carrots ½ cup butter
¾ cup brown sugar ½ cup marshmallow cream

Boil carrots until tender but not mushy. Melt sugar and butter; add marshmallow. When well mixed pour over carrots in a baking dish and bake in a moderate oven until a delicate brown. This is a sweet entree, which may also be served as a side dish with meat. Six servings.

Carrot Delight

3 cups diced carrots ¼ cup butter
3 cups diced potatoes ½ cup water
1 cup sliced onions 1 teaspoon salt

Put the vegetables in layers in an oiled baking dish. Place the butter in bits over the top; pour over the water in which the salt has been dissolved. Tightly cover the dish and bake in moderate oven until vegetables are tender. Six large servings.

Scalloped Carrots

3 cups thinly sliced carrots	$\frac{1}{2}$ cup fine dry bread crumbs
1 cup chopped onion	1 tablespoon butter (melted)
3 minced green peppers	to butter crumbs
$1\frac{1}{2}$ cups white sauce	

Cook carrots and onions until tender. Oil a baking dish and put in the carrots and onions in alternate layers. Pour over the white sauce, cover with buttered crumbs and bake in moderate oven until brown. Six servings.

Carrots and Peas

2 cups cubed carrots	$\frac{1}{2}$ teaspoon salt
1 cup cooked peas, fresh or canned	$\frac{1}{2}$ teaspoon pepper
3 tablespoons butter	2 teaspoon sugar
3 tablespoons flour	$1\frac{1}{2}$ cups milk

Boil carrots until tender. Combine with the cooked peas, reheat and serve with the melted butter or make a white sauce of the butter, flour, seasonings and milk, add the cooked vegetables, reheat and serve. Six servings.

Fricassee Carrots

6 medium sized carrots	6 tablespoons fat
4 tablespoons flour	1 teaspoon salt

Wash carrots and cook in boiling salted water until almost tender. Drain, scrape, and cut into slices lengthwise. Dip slices into flour until well covered and saute in hot fat until brown. Cover with boiling water or hot milk and cook until carrots are tender. Serve with hot gravy.

Fried Carrots and Apples

6 medium-sized carrots	1 tablespoon sugar
6 tart apples	$\frac{1}{4}$ teaspoon salt
2 tablespoons fat	

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the skin on, as preferred, core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a large skillet with the fat, cover tightly, and cook until well browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter, first a layer of carrots, then a layer of apples.

Carrots and Spinach Molds

2 cups cooked carrots	Salt and pepper to taste
1 tablespoon butter	2 cups cooked spinach
1 egg	2 tablespoons butter

Chop the carrots very fine and mix with the beaten egg and 1 tablespoon of butter. Season to taste with salt and pepper. Fill small greased mold half full of the carrot mixture. Drain the spinach and chop fine. Season with salt and pepper and 2 tablespoons butter, melted. Fill the molds to the top with the spinach, packing them tightly. Stand the molds in a pan of hot water and bake in a moderate oven for 20 minutes. Turn out on a hot platter and serve with egg sauce. Garnish with parsley and slices of hard cooked egg.

Carrot and Onion Sandwich Filling

Shred one medium raw carrot.
Add $\frac{1}{2}$ teaspoonful grated onion.
Add just enough salad dressing so that mixture can be spread easily.
Add carrot mixture just before sandwiches are to be eaten.

Raw Carrot Salad Combinations

Carrots (raw and shredded) may be combined with:

1. Raisins and nuts
2. Celery and apple
3. Pineapple and celery
4. Green pepper and onion
5. Bananas and salted peanuts
6. Cabbage and celery
7. Perfection salad (gelatine, with cabbage, pimento, green pepper)

Salad Combinations with Cooked Carrot

Cooked carrots may be combined with:

1. Peas
2. Cabbage, peas, and beets
3. Cauliflower
4. Asparagus
5. String beans
6. Potato salad

Carrot Timbales

- | | |
|--------------------------------|-------------------------------|
| 2 cups grated carrots | $\frac{1}{2}$ teaspoon pepper |
| $\frac{1}{2}$ cup bread crumbs | 2 tablespoons butter, melted |
| 2 eggs | $\frac{1}{2}$ cup milk |
| 1 teaspoon salt | |

Wash, scrape and grate carrots and mix with the crumbs. Beat eggs slightly, add seasonings, butter and milk. Combine the carrot and egg mixtures. Fill oiled baking dish or custard cups with the mixture, set in pan of hot water, and bake in moderate oven until firm. Six servings.

Carrot Pudding

- | | |
|--------------------------|---------------------------------|
| 1 cup grated carrot | 1 teaspoon salt |
| 1 cup grated potato | 1 teaspoon cinnamon |
| $\frac{1}{2}$ cup butter | 1 teaspoon nutmeg |
| 1 cup brown sugar | 1 cup flour or dry bread crumbs |
| 1 cup raisins | |
| 1 teaspoon soda | |

Combine potato, carrot, fat, sugar and floured raisins. Add sifted dry ingredients and mix them thoroughly. Fill greased mold two-thirds full and steam $2\frac{1}{2}$ to 3 hours, depending on the size of the mold. Serve hot with sauce. This recipe makes about eight servings.

Carrot Pie

- | | |
|---|-------------------------------|
| 2 cups cooked and strained carrots | 1 teaspoon ginger |
| 1 cup or more brown sugar, according to taste | $\frac{1}{2}$ teaspoon nutmeg |
| $1\frac{1}{2}$ teaspoons cinnamon | $\frac{1}{2}$ teaspoon salt |
| | 2 eggs slightly beaten |
| | 2 cups milk |

Combine ingredients and bake in one crust, like a custard pie.

Carrot and Orange Marmalade

- | | |
|-----------|---------|
| 6 carrots | 1 lemon |
| 3 oranges | sugar |

Wash, scrape and dice carrots. Cook them until tender in as little water as possible. Cut the oranges into bits and add the juice and grated rind (yellow part) of the lemon. Measure the carrots and fruit and add two-thirds as much sugar. Simmer the mixture until it is clear. Turn into jelly glasses. When it is cold, cover with hot paraffin.

Golden Gelatine

- | | |
|---------------------------------|---------------------------------------|
| 1 pint lemon or orange gelatine | $1\frac{1}{2}$ cups grated raw carrot |
|---------------------------------|---------------------------------------|

When the jelly begins to thicken, add the grated carrot. Mix well and turn into small moulds. Serve with whipped cream, thin cream, or soft custard.