



today's main ingredient

A  LOCAL FOOD PODCAST



Savory Carrot Custard with Parmesan

INGREDIENTS

1 pound carrots
2 Tablespoons butter
1/4 teaspoon sugar or honey
3 eggs
3 Tablespoons grated Parmesan cheese
1 1/2 cups milk

Preheat oven to 350° F.

STEP 1 – Peel and slice carrots into thin disks, and then blanch in salted water until tender. Drain and purée in a food mill or food processor.

STEP 2 – Beat in butter, sugar, eggs, Parmesan and milk.

STEP 3 – Bake in a buttered oven dish for 30 to 40 minutes until firm in the center.

Note: If desired, top with buttered bread crumbs and place under the broiler to toast the crumbs before serving