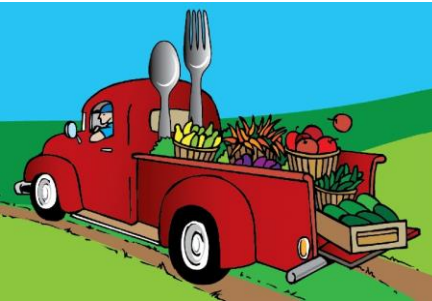




## today's main ingredient

A  LOCAL FOOD PODCAST



# Puréed Carrots

### INGREDIENTS – serves 4

2 pounds carrots  
2 Tablespoons butter  
1/4 cup cream or sour cream  
Salt & pepper

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

**STEP 2** – Return to a thick-bottomed pan and beat in butter, cream, salt & pepper. Reheat for 10 to 15 minutes. Serve hot, or chilled as a soup course.