

Carrot Risotto with Carrot Ribbons

Carrot Stock

- 1 cup roughly chopped white onions
- 3 garlic cloves, roughly chopped
- 1 quart sliced carrots
- 1 cup sliced celery
- 2 quarts water

Carrot Risotto

- ¼ cup extra virgin olive oil
- 1 Tablespoon garlic, minced
- 1 cup white onion, diced
- 2 cups Arborio rice
- 1/3 cup white wine
- 1 Tablespoon lemon juice
- 6 cups carrot stock
- 1 cup carrot juice
- ¼ cups carrots, diced
- 3 Tablespoons parmesan, grated
- 3 Tablespoons unsalted butter
- 1 Tablespoon thyme, de-stemmed
- Salt to taste



Carrot Ribbons

- 3 bunches of different colored carrots
- ½ cup cornstarch
- 8 cups canola oil

For the stock, simmer all ingredients in a large pot for a half hour. Strain through a sieve to remove all the vegetables and reserve liquid. Allow to cool.

For the risotto: on medium low heat, simmer carrot stock. Put olive oil in a pan over low heat. Drop in a bit of onion and when it starts to sizzle, add remaining onions and stir until translucent. Add garlic, and keep stirring for three to four minutes. Add the rice and toss until it's translucent, about 7 minutes. Add wine and stir until it evaporates. Add lemon juice and stir until it evaporates. Start slowly adding the simmering carrot stock in one cup increments while stirring. When two cups of stock are left to add, pour the carrot juice into stock and stir until incorporated, then add the next cup of stock to the rice and incorporate.

When one cup of stock is left, add diced carrots to the rice, then add the final cup of stock. When the rice looks juicy, but no liquid is sloshing around, stir in butter, parmesan and salt. Adjust salt levels and take off heat. To serve, sprinkle with thyme. Serves 4.

For carrot strips, use a vegetable peeler to make long strips. Toss with cornstarch until well coated. In a medium pot, heat the oil to 350 degrees. In batches, fry the strips for about 30 seconds or 1 minute, until crispy. Drain on paper towel and let cool.