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HANDOUT 2, pages 1-3

 **Reading and Discussion.** Reading and discussing a recipe. Read the text and translate it into your own language.



Zero Waste Carrot Dish for 6



Ingredients and Quantities (for 6)

Carrot Broth:

- 500 ml water
- 2 large carrots (peels, ends, carrot leftovers)
- 3-4 cloves of garlic
- 80 g onion
- salt
- 1-2 peppercorns
- 2 tsp olive oil

Carrot Crisps:

- 2 carrot peels (pre-washed)
- salt
- 200g rapeseed oil

Carrot Cream with Melted Cheese and Smoked Cheese:

- 2 large carrots (chopped, about 300 g)
- 100 g melted cheese
- 60 g smoked cheese
- 2 tbsp (30 g) butter
- 1 tsp salt
- 2 tbsp carrot broth



Carrot Pasta Dough:

- 200 g flour (optionally, 100 g wheat flour and 100 g durum flour)
- 2 eggs
- 4 tbsp carrot puree
- salt



Pasta Filling:

- 60 g mascarpone
- 1 tsp fresh thyme
- 2 tbsp (20 g) grated Parmesan cheese
- Salt and pepper to taste



Preparation:

1. **Carrot Broth:** Wash and peel the carrots. Set the peels aside for crisps. Cut the carrot ends and other leftovers into smaller pieces. Heat olive oil in a thick-bottomed pot, add onion and garlic, and add carrot lightly brown then add water. Heat the water and let the water simmer on low heat for 30 minutes. Strain the broth and keep it.
2. **Carrot peel Crisps:** Preheat oven to 160°C. Mix the carrot peels with salt. Fry them in oil and Spread them on a baking sheet lined with parchment paper and dry them for 40-50 minutes until the peels are crispy. Leave some carrot for plain puree.
3. **Carrot Cream with Melted Cheese and Smoked Cheese:** Boil the carrots in broth water until they are soft. Drain and puree with a hand blender. Add melted cheese, smoked cheese, and butter. Blend into a smooth cream, adding a bit of broth if needed to achieve a silky texture.
4. **Carrot Pasta:** Mix flour, egg, carrot puree, and salt together. Knead the dough for 8-10 minutes until it becomes elastic. Wrap the dough in plastic wrap and let it rest for 30 minutes. Roll the dough thin and cut into squares or shape into ravioli.



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5. **Filling and Serving Pasta:** Mix mascarpone, thyme, Parmesan, salt, and pepper. **Place** a bit of filling on each pasta square and **press together**. **Cook** the pasta in carrot broth for 2-3 minutes.

 **To serve:** **spread** some cream on the plate, **place** the filled pasta on top, **add** crisps, and **drizzle** a bit of broth over.

