

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** pott with oil to 160 and oven to 60°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**.

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.

