**Carrots Develop a Meatier Reputation**

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**ROASTED CARROT AND AVOCADO SALAD**

Adapted from ABC Kitchen, New York

Time: 1 1/2 hours

- 3 garlic cloves, peeled
- 1 teaspoon minced garlic
- 1 teaspoon ground cumin seeds
- 1/2 teaspoon crushed red chile flakes
- 1 teaspoon salt and black pepper
- 6 tablespoons red wine vinegar
- 10 tablespoons extra virgin olive oil
- 1 pound medium-sized carrots, peeled, pared and cut in thin wedges
- 1 cup packed pitted or pistachio nuts
- 2 tablespoons sour cream
- 2 tablespoons roasted hulled pumpkin seeds

**Cedar-Roasted Carrots with Tofu and Carrot Pesto**

Adapted from Commonwealth, San Francisco

Time: 1 hour

- 28 baby carrots in mixed colors, with tops, or larger carrots halved crosswise and lengthwise, rinsed
- 1 small clove garlic, minced
- Juice of 1/2 lemon
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- Salt and black pepper
- 1/2 pound regular carrots, peeled and diced
- 2 tablespoons finely grated fresh ginger
- 1/2 pound soft tofu, diced
- 2 tablespoons toasted sesame seeds

1. Heat oven to 325 degrees. Soak 4 sheets of cedar paper, about 8 inches square (sold in cookware and Japanese kitchen-equipment stores) in water for 10 minutes. Cut tops off carrots. Reserve 4 spigs and chop 1 cup, packed, of the tops. Turn on food processor. Drop garlic through the feed tube and process until minced, scraping down work bowl once or twice. Place chopped carrot tops and lemon juice in processor and process until minced. With machine running, drizzle in 1/2 cup olive oil.

2. Process to a puree. Season with salt and pepper and set aside.

3. Place baby carrots in a large bowl and toss with 1 tablespoon olive oil. Drizzle with the puree and spread in the bottom of a roasting pan. Spread carrots evenly on top, cover with foil, place over medium-high heat until the oil starts to sizzle, then place in the oven until carrots are tender, about 30 to 40 minutes, depending on the size of the carrots. Remove from oven and wrap loosely in the foil to keep warm.

4. Combine diced carrots and carrot juice in a saucepan and cook on medium about 5 minutes until about half the liquid has evaporated. Transfer to a blender, add grated ginger and process to a puree. Season with salt and pepper and keep warm. Microwave tofu 1 minute to warm it, or warm in a steamer.

5. Make a pool of carrot puree on each of 4 dinner plates, spoon the tofu on each and arrange the roasted carrots on top. Drizzle the pesto around, garnish with some spiced carrots and scatter sesame seeds on top. Serve warm.

Yield: 4 servings

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**Vinegar and 2 tablespoons of the oil, and mix well.**

2. Arrange carrots in a roasting pan and spread spice paste on top. Place orange and lemon halves, cut side down, on carrots. Roast until carrots are tender and starting to brown, about 45 minutes.

3. Using tongs, arrange carrots on a serving platter. With a dish towel to protect your hands, squeeze juice from the roasted orange and lemon halves into a measuring cup. You should have about 1 1/2 cup juice. Boat in remaining 2 tablespoons oil. Season with salt and pepper. Drizzle some of this sauce over the carrots.

4. Arrange avocado over carrots, then sprinkle sprouts on top. Drizzle with reserved sauce, top with dollops of sour cream and a sprinkling of the seeds. Serve.

Yield: 4 servings.