

CARROT JUICE

Ingredients:

Carrot juice concentrated-	500 ml (2 c and 1 tbsp)
Water	- 1000 ml (4 c and 2 tbsp)
Sugar	- 83 g (1/3 c + 1 ½ tbsp)
Sodium benzoate	- 0.15 g

Procedure

Add sodium benzoate, sugar, carrot juice concentrate and water. Stir until sugar and sodium benzoate is completely dissolved. Pasteurize for 30 minutes and pack immediately in polyethylene bags. Seal. Cool and freeze.

Number of Serving: 5 at 240 ml



CARROT BAR

Ingredients:

Carrot press cake	- 225 g (1 c)
Flour	- 110 g (1 c)
Sugar	- 110 g (3/4 c + 4 ½ tbsp)
Margarine	- 80 g (1/3 c + 1 tbsp)
Egg	- 1 (1 medium)
Raisin	- 60 g (1/3 c)
Vanilla extract	- 10 ml (2 tsp)

Procedure

Pre-heat oven to 177°C (350°F). Cream margarine until light. Then add sugar little by little while beating continuously. Add egg and vanilla and beat until thoroughly mixed. Blend in flour and carrot alternately. Add raisins and mix well. Pour into a pan and bake for one hour or until done. Take out from oven and cool for 10 minutes.



Remove from pan and set aside to cool completely. Slice into rectangular shape. Wrap and pack in polyethylene bags.

Number of bars : 12 bars

CARROT TART (Tart Crust)

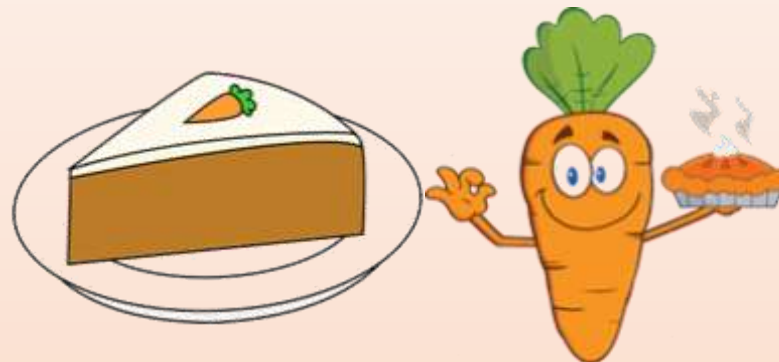
Ingredients:

Flour	- 220 g (2 c)
Margarine	- 65 g (¼ c + ½ tsp)
Lard	- 60 g (¼ c – ½ tsp)
Sugar	- 50 g (¼ + 2 tsp)
Egg	- 1 pc (1 pc medium)

Procedure

Sift flour and sugar in a bowl. Add egg, margarine and lard. Cut in with a pastry blender until mealy. Press dough together and chill. Roll to ½ cm thick, shape and press to fit the side and bottom of the tart molds. Fill with carrot filling. Garnish with three different colors of glazed fruit. Bake at 177°C (350°F) for 50 minutes or until done. Cool for five minutes. Remove from molds and cool completely. Wrap with colored cellophane and pack in cellophane bags.

Number of tarts: 26 tarts



TART FILLING

Ingredients:

Carrots	- 225 g (1 c)
Sugar	- 100 g (1/2 c + ½ tsp)
Whole milk Powder	- 40 g (1/2 c)
Orange extract	- 10 ml (2 tsp)
Glaced fruit	- 3 pcs. (3 pcs.)

Procedure:

Combine first four ingredients. Mix thoroughly and cook over low flame while stirring continuously until thick. Remove from fire, cool and fill tart molds.



CARROT BARS

Ingredients:

3 c all-purpose flour	2 c sugar
2 tsp baking powder	2 tsp baking soda
1 tsp salt	1 ½ c oil
4 eggs	2 tsp vanilla
2 c grated carrots	
1 c crushed pineapple with syrup	

Procedure:

1. Preheat oven at 350°F. Grease and line at 13 x 9 x 2 inch rectangular pan. Set aside.
2. Sift together the first 5 ingredients in a bowl. Add oil, eggs, carrots, pineapple and vanilla.
3. Beat until smooth and well-blended.
4. Pour into prepared pan and bake for 35 minutes or until done.
5. Cool for 10 minutes before removing from pan.
6. Cut into bars.
7. Frost with butter icing, if desired.

Yield 12 – 15 bars.

CARROT PASTILLAS

Ingredients:

Carrots	- 250 g (1 c + 1 ½ tbsp)
Squash	- 200 g (¾ c + ½ tbsp)
Sugar	- 205 g (1 c)
Whole milk powder	- 70 g (½ c)
Lemon extract	- 10 ml (2 tsp)

Procedure:

Combine all the ingredients and mix thoroughly. Cook over low heat while stirring continuously until very thick. Remove from fire and place in a tray. Roll to ¼ cm thick and dehydrate in the oven for two hours. Slice into desired shapes and place on a perforated rack. Dehydrate for 8 hours. Cool and wrap with wax paper then with colored cellophane. Pack by 10's in cellophane bags.

Number of pieces : 24

CARROT COOKIES WITH ORANGE BUTTER ICING

Ingredients:

1 c shortening	¾ sugar
2 eggs	½ tsp salt
2 c all purpose flour	2 tsp baking powder
1 c mashed, cooked carrots	
¾ c shredded coconut	

Procedure:

1. Heat oven to 400°F. Mix shortening, sugar, eggs and carrots thoroughly.
2. Blend in flour, baking powder, and salt. Stir in coconut
3. Drop dough by teaspoonfuls about 2 inches apart onto lightly greased baking sheet.
4. Bake 8 to 10 minutes or until no imprint remains when touched lightly. Immediately remove from baking sheet. Cool.
5. Frost with orange butter icing, if desired.

Makes 4 dozen cookies

ORANGE BUTTER ICING

Ingredients:

3 tbsp soft butter or margarine
1 ½ c confectioner's sugar
2 tps grated orange peel
1 tbsp orange juice

Procedure:

1. Blend butter and sugar.
2. Stir in orange peel and juice.
3. Beat until frosting is smooth and spreading consistency.

Source:

Philippine Home Economics
Baking Basic, p. 80

Designed and Printed by:



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Recipes making use of Carrot

