



SWEET N' SMOKY CARROT DIP

From the Kitchen of: Azella Markgraf, Sustainability Coordinator, OSI

Preparation Time: 20 minutes | **Cook Time:** 1 hour | **Yield:** 6 servings

Common Allergens: Tree Nuts

This sweet, smoky, savory, and garlicky dip is the ideal companion to a loaf of crusty sourdough bread or a fluffy homemade pita! It is inspired by a dish originally created by Ochre Bakery in Detroit, which has since closed. This is Azella's favorite way to eat carrots because of the delicious flavors and because it produces virtually no food waste!

Azella suggests making this dish with fresh carrots from a local farm or your home garden and serving it with some cut vegetables of choice, warmed pita, and a side of carrot top pesto.

INGREDIENTS:

FOR THE DIP:

- 1/2 cup unsalted / lightly salted pistachios, almonds, walnuts, or other nut of choice
- 2 pounds carrots (Ideally farm-fresh carrots for the sweetest flavor!)
- 1 red bell pepper
- 1/4 cup + 2 Tablespoons olive oil
- 2 1/2 teaspoons salt, more to taste
- 4 cloves garlic
- 1/2 (14-ounce) can of white beans, such as cannellini or great northern
- 3 Tablespoons fresh lemon juice
- 1 teaspoon ground black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon crushed red pepper flakes

FOR THE TOPPING:

- Fresh cilantro, to taste
- Drizzle of pomegranate molasses, to taste (optional)
- Drizzle of high-quality olive oil
- Za'atar seasoning or crushed pistachios, to taste (optional)

INSTRUCTIONS:

- Preheat the oven to 350° F.
- Spread the almonds (or other nut) on a baking sheet, then toast them in the oven until they have slightly darkened in color and start to smell nutty, about 8-10 minutes.
- If the carrots have green tops, remove them and set them aside for another dish (like carrot top pesto), then scrub the carrot root clean. Cut the carrots into 1-inch chunks. Leave the peels on to reduce food waste.
- Cut the red bell pepper into 8 pieces, then carefully removing the seeds and stem to avoid wasting any of the pepper flesh.
- On a baking sheet, toss the carrots and bell pepper with 2 Tablespoons of olive oil and a pinch of salt, then spread them out evenly. Roast them in the oven for 1 hour, removing the peppers after 30 minutes. Leave the carrots to roast until they are very tender and brown. The carrots should be very soft and cooked through, leaving no toughness in the cores.
- While the carrots are roasting, add the toasted nuts, 1/4 cup olive oil, 1/2 teaspoon of salt, garlic cloves, beans, lemon juice, smoked paprika, black pepper, and red pepper flakes into a high-powered food processor or blender and pulse until smooth.
- Once roasted, add the carrots and peppers to the mixture and process again until they are mostly smooth.
- Taste the dip and adjust the seasonings according to your taste. If you're not using pomegranate molasses, you might want more olive oil here!

- For a smoother spread, add more olive oil, or a splash of water, and process again. Continue to process until the mixture is quite smooth, like the texture of store-bought hummus.
- Transfer the dip to a serving dish. Using a spoon, make a well in the top of the dip, then drizzle in a high-quality olive oil and pomegranate molasses (if using). Top with fresh cilantro or parsley (or carrot top pesto), za'atar seasoning or pistachio dukkah, and a pinch of flaky sea salt.



NOTES:

- "I buy pomegranate molasses from El Harissa Market Cafe or another local Middle Eastern or North African grocer," says Azella, who adds, "My favorite Za'atar in town is from the business Taste of Petra, who is a vendor at the Ann Arbor Farmers Market."
- Depending on the natural sweetness of the carrots, you may want to add a teaspoon of maple syrup to boost the flavor of the dish.

