

Rouxbe Live Event 8/1/2024

Deb Kennedy, PhD - Culinary Medicine: A Focus on Vegetables From the Clinic to Your Plate

These are the recipes that I made during the live event. Please feel free to make them your own and enjoy! *Dr Deb*

Ottolenghi Flavor by Yotam Ottolenghi

Page 79 **Basic Cooked Chickpeas**, and **Hummus with Lemon, Fried Garlic and Chile**

Raw Carrots

To make a raw carrot salad either julienne 1 pound of carrots very thin, or grate them.

Add shredded carrots to a bowl with:

- 1/4 cups nuts or seeds (I used sunflower seeds)
- 3 scallions cut into small pieces
- Optional – other vegetables (I used tiny pieces of cauliflower as I liked the contrast)
- ¼ cup fresh herbs – parsley, cilantro, basil or dill

Mix the dressing to add to the salad. In a small bowl add and whisk together:

- The juice of one lemon
- ¼ cup good olive oil
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp pepper
- 2 Tbl tahini
- ½ tsp maple syrup
- 1 garlic clove minced

Add the vinaigrette to the carrot mixture. You can eat it right away but it does get better with a little bit of time (2 hours.)

Steamed Carrots

Cut 1 pound of carrots on an angle to increase the surface area. Add them to a steamer and cook until they have begun to soften but still have a snap in the middle.

Remove from heat and add:

An acid- I used 2 tsp white balsamic vinegar with ginger

Fresh herbs – top with fresh herbs (2 Tbl parsley is what I used but feel free to substitute)

Optional sweetener – a drizzle of honey

Salt and Pepper to taste

Roasted Carrots

Preheat oven to 425F

Cut 2 pounds of carrots on an angle and into similar sized pieces

Toss cut carrots in a bowl and add 3 TBL olive oil, ½ tsp salt and ¼ tsp pepper, (optional 1 TBL maple syrup). Toss. Spread out on a baking sheet (do not overcrowd or they will steam). Roast for 10 minutes and flip the carrots to the other side, return to cook for another 10 minutes. They are done when they are glistening and brown and still retain a bite to them.

Sprinkle the roasted carrots with chopped fresh herbs (2 TBL fresh dill, basil, thyme or cilantro) and a bit of crunch (I added 1 tsp sesame seeds but you can use another seed or nuts) serve and enjoy.