

buried TREASURE



'TIS THE SEASON FOR . AND THAT MAKES IT SEEM LIKE THE RIGHT TIME TO CELEBRATE THEIR FAVORITE FOOD, THAT  ROOT THAT GROWS BENEATH OUR . OUR RECIPES EXPLORE THE VERSATILITY OF A HUMBLE VEGETABLE MOST OF US TAKE FOR GRANTED—THE SWEETNESS, THE TEXTURE, THE BRILLIANT HUES, EVEN THE LEAFY . SO WHAT'S UP, DOC? , THAT'S WHAT.

RECIPES *Laraine Perri* PHOTOGRAPHS *Blaine Moats*



For recipes, see page 86.

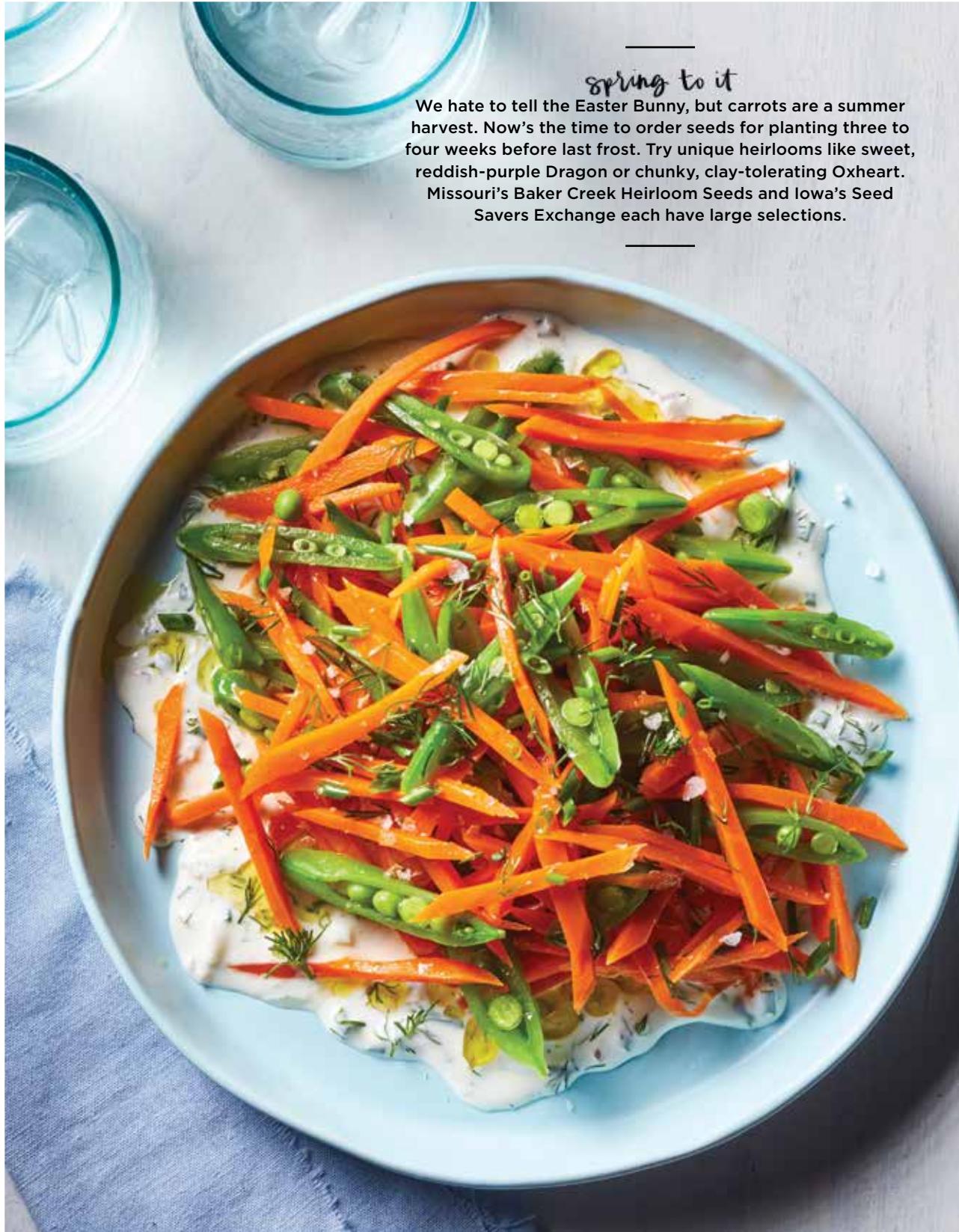
CARROT TART with
GOAT CHEESE,
LEMON and **MINT**

Since no one wants the soggy middle piece of a square tart, we cut a sheet of puff pastry in half to make two small ones: crisp edges for everyone! Eat as a meal with a salad or slice into petite wedges for a grab-and-go party app.

FOOD STYLING: CHARLES WORTHINGTON. CARROTS: COURTESY OF THE CHEF'S GARDEN IN MILAN, OHIO

spring to it

We hate to tell the Easter Bunny, but carrots are a summer harvest. Now's the time to order seeds for planting three to four weeks before last frost. Try unique heirlooms like sweet, reddish-purple Dragon or chunky, clay-tolerating Oxheart. Missouri's Baker Creek Heirloom Seeds and Iowa's Seed Savers Exchange each have large selections.



**PEAS 'N' CARROTS
SALAD with
BUTTERMILK RANCH**

Bright with lemon and dill, the blanched carrots and snap peas get “dipped” in the pool of creamy dressing underneath when you spoon up a helping—a playfully pretty twist on two nostalgic carrot classics.

**MAPLE-GLAZED ROASTED
CARROTS with GINGER**

Whole-roasted carrots are an effortlessly glam side, perfect with ham. But the real genius here is the matchstick-sliced ginger that bakes with them. Candied in the glaze, it's a chewy, intensely gingery topping you'll be pinching right off the pan.





SALMON GRAIN BOWL *with*
CARROT-MISO DRESSING

Sit down on a Wednesday to a bowl of hearty whole-grain farro, seared salmon, and fresh spinach, cucumber and radish. The carrot-flecked dressing riffs off one that's a standby at Japanese restaurants.



the peel deal

Peeling is a good insurance policy against pesticide residue, but if you buy organic, scrubbing is enough, especially for roasts or soups. For eating raw, peeling is an aesthetic choice. Definitely *do* peel before steaming to avoid tough skin. (Even a skinned carrot is plenty healthy.)

CARROT FRITTERS
with **TAHINI-LEMON**
YOGURT

Fry cumin-spiced batter in just enough oil to crisp the shaggy, grated carrot edges. Serve these addictive fritters as an appetizer or a side dish with the creamy, Middle Eastern-style sauce.

top notch

Feathery carrot tops are edible, with a pleasantly bitter flavor. Use them like an herb, snipped over cooked vegetables or whirled into pesto with mint or basil. If you dig bitter foods such as chard or grapefruit, you can make carrot greens more of a star: Stir a generous handful into a grain salad dressed with garlic and lemon.



FLANK STEAK
with **CARROT TOP**
SALSA VERDE

Italian salsa verde—no relation to the Mexican one—is a classic herb sauce made with parsley, garlic and capers. Our version includes carrot tops, too. The bold, tangy flavor is a perfect match for steak (or any protein or roasted vegetable).

CARROT SOUP
WITH **TARRAGON**
and **CREAM**

Thickened with a little potato and flavored with leeks, shallot, white wine and the faintly anise-y herb tarragon, this sleeper hit of a soup is subtle, springy and unexpectedly special. **MW**

For recipes, see page 86.

