

Roasted carrot puree with honey

Cuisine: **Czech**Food category: **Vegetables**Author: **Ondrej Vlcek**Company: **Retigo**

Program steps

Preheating: **185 °C**

1 Combination 50 % Termination by time 00:35 hh:mm 170 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Carrots - Large cut	10	pcs
Shallots cut in halves	5	pcs
garlic cloves, finely chopped	8	pcs
Honey	150	g
Olive oil	60	ml
salt	5	g
Butter	100	g

Directions

Chop carrots into chunks add halved shallots and garlic. Drizzle with oil. Roast in the oven until soft and caramelized. Transfer into food processor, season with salt, add honey and butter and blitz until smooth. Check for seasoning. Great as a addition with meat or fish. You can also pass it through sieve for extra smooth texture.

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	345.6 kJ
Carbohydrate	12.4 g
Fat	8 g
Protein	0.2 g
Water	2.6 g

Recommended accessories



Vision Bake



Enameled GN container