



10 - FALL - 2021

“LETTUCE”

(Let Us)

Report

Chef Ricardo

- ◆ **Some Call It The Busiest Season of the Year**
 - ◆ **Lets DIG IN : Carrots 101**
 - ◆ **What’s in Season?**
 - ◆ **A Delicious Recipe Just For You**



Fall — having it all

September 22nd

December 21st

Fall could be envied by other seasons in regards to the abundance of holidays. It might be one of the busiest seasons in the western part of the globe. The most celebrated ones include Columbus Day, Halloween, The Day of the Dead, Veterans' Day, Thanksgiving, Christmas Day, and New Year's Eve, but Fall also celebrates Native American Day, Boss's Day, Sweetest Day, Daylight Saving Day, Black Friday, Cyber Monday, Pearl Harbor Remembrance Day and many more.

In the past this was a very important time for many farmers and still remains as such. Schedule was getting tight to harvest all what was left before freezing snow started to fall. Families used to keep goods in the basement.; either raw, dried or preserved. It was a busy time, and not particularly by making lines for Black Friday.

Get to know a vegetable

Lets take one vegetable at a time and analyze it from top to bottom and inside out. Lets pretend we are doing a CT Scan to a carrot to figure out all of it. So....Ladies and Gentleman, here all we gather about CARROTS.



In order to start we need to answer the first question— What was first, the carrot or the seed? Well we already have both, so lets start from the seed. If we let the bushes grow enough, eventually they will bloom and produce seed. Mother nature rewards us tremendously; **for every carrot plant you allow to grow to seed you can potentially have 1000 new birth. Imaging this ratio 1 x 1000.**

But there is always a catch—right?

Ok... no actual “catch” but yes you need to know there are hybrid and open-pollinated varieties. If you are planning to start a carrot project it might be better to start with an open-pollinated variety as those will give you a “true to type” carrot, so you will get what you are expected. There is much more on this topic, if interested shoot me an e-mail, I will be glad to expand this for you.



4 main categories



- **Imperator** — They have very long roots, up to 10 inches long, with high sugar content, and are wonderful for fresh eating. (In fact, most of the sweet “baby carrots” you find in a bag in the grocery store are actually made from long, skinny Imperator carrots.) In order for these carrots to reach their full potential, they need to be grown in very loose, deep soil.



- **Danvers** — These are the classic medium-length carrots with rounded shoulders and pointed ends. They grow to about 6-7 inches long. They are known for their deep orange color, excellent flavor, nearly coreless roots, and good storage quality.



- **Nantes** — As one might expect of an heirloom from France, Nantes carrots have a distinctive refined look. They are known for being almost perfectly cylindrical and smooth, with nearly the same diameter from end to end, and a blunt rather than pointed tip. They are almost coreless and very fine grained and sweet, great for juicing and fresh eating. Scarlet Nantes is the oldest and most well-known variety of this type, prized for its beautiful deep orange color. A fun twist on this category is the Little Finger carrot, a miniature Nantes-type that only grows to about 3 or 4 inches long.



- **Chantenay** — Rather than growing long and slender, they are bulky at the shoulders and taper to a blunt point. They need to be harvested as soon as they size up, or they will turn fibrous and woody, but they have rich flavor and store exceptionally well. Red Core Chantenay is the most common of these varieties, named for its light orange exterior and deep orange-red core.

Rainbow carrots

Most of the carrots we grow today are orange, but the earliest cultivated carrots, originating in Afghanistan in the 10th century, were probably purple. Some of the earliest written records of carrots also refer to yellow and red varieties. The orange varieties that we know today were the creation of Dutch plant breeders in the 17th century. You can still grow all the colors of carrot in your garden today! Cosmic Purple, Solar Yellow, Lunar White, and Atomic Red carrots. they're the perfect recipe for a healthy snack.



Nutrition facts

Ok. So, we went through the outside, but what is in a carrot?

Carrots are a particularly good source of beta carotene which is converted into vitamin A. They are good source of fiber, vitamin K1, potassium, and antioxidants.

They're a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health. Their carotene antioxidants also have been linked to a reduced risk of cancer.

Carrots' water content ranges from 86–95%, and the edible portion consists of around 10% carbs. Carrots contain very little fat and protein.

- Vitamin A: Carrots are rich in beta carotene, which your body converts into vitamin A. This nutrient promotes good vision and is important for growth, development, and immune function.
- Biotin: A B vitamin formerly known as vitamin H, biotin plays an important role in fat and protein metabolism.
- Vitamin K1: Also known as phylloquinone, vitamin K1 is important for blood coagulation and can promote bone health.
- Potassium: An essential mineral, potassium is important for blood pressure control.
- Vitamin B6: A group of related vitamins, B6 is involved in the conversion of food into energy.
- Beta carotene: Orange carrots are very high in beta carotene. The absorption is better if the carrots are cooked.
- Alpha-carotene: An antioxidant that, like beta carotene, is partly converted into vitamin A in your body.
- Lutein: One of the most common antioxidants in carrots, lutein is predominantly found in yellow and orange carrots and is important for eye health.
- Lycopene: A bright red antioxidant found in many red fruits and vegetables, including red and purple carrots, lycopene may decrease your risk of cancer and heart disease.
- Polyacetylenes: Recent research has identified bioactive compounds in carrots that may help protect against leukemia and other cancers.
- Anthocyanins: These are powerful antioxidants found in dark-colored carrots.

Carrots in the kitchen

The fun part



Certainly any cooking technique can be applied and creativity is unlimited. Baking, Roasting, Frying, Grilling, Simmering, Broiling, Steaming, Poaching, Stewing, Blanching, Braising. You name it!

Carrots are so important that they will be present in almost every single dish. Directly, or indirectly by using those with the *Mirepoix*.

Fall — Recipes

NY Cheese Cake with fruit carrot jam

A few days ago, chatting about cheese cakes, I realized I haven't done a cheese cake in quite a long time. Not sure why, because it is one of my favorite cakes! So, lets make one with a different topping. Not blueberry, not strawberries, nor chocolate. This one will put us in Fall, almost Christmas mood.

INGREDIENTS: serves about 8 portions

CRUST

- 1.5 cup. — Cinnamon crackers
- 1/2 cup. — Almonds, crushed
- 5 T. — Butter, unsalted
- 2 T. — Sugar
- Pinch — Salt

CAKE

- 32 oz. — Cream cheese
- 1/2 cup. — Sour cream
- 6 ea. — Eggs
- 2 up. — Sugar
- 3 T. — Flour
- 1 T. — Vanilla extract
- 2 t. — Lemon juice
- 1 t. — Lemon zest
- Pinch — Salt

FRUIT CARROT TOPING

- 1 1/2 cup. — Carrots, shredded
- 20 oz.— Pineapple, crushed
- 1 1/2 cup. — Pears, chopped
- 3 T. — Lemon, juice
- 1 ea. — Clove
- 1/4 t. — Nutmeg
- 1/4 t. — Cinnamon
- 6 cup. — Sugar
- 1 T. — Pectin

DIRECTIONS:

CRUST

In a food processor mix the cinnamon crackers, almonds, sugar, salt and butter. Press the crumbs into an even layer on the bottom of the pan.

CAKE

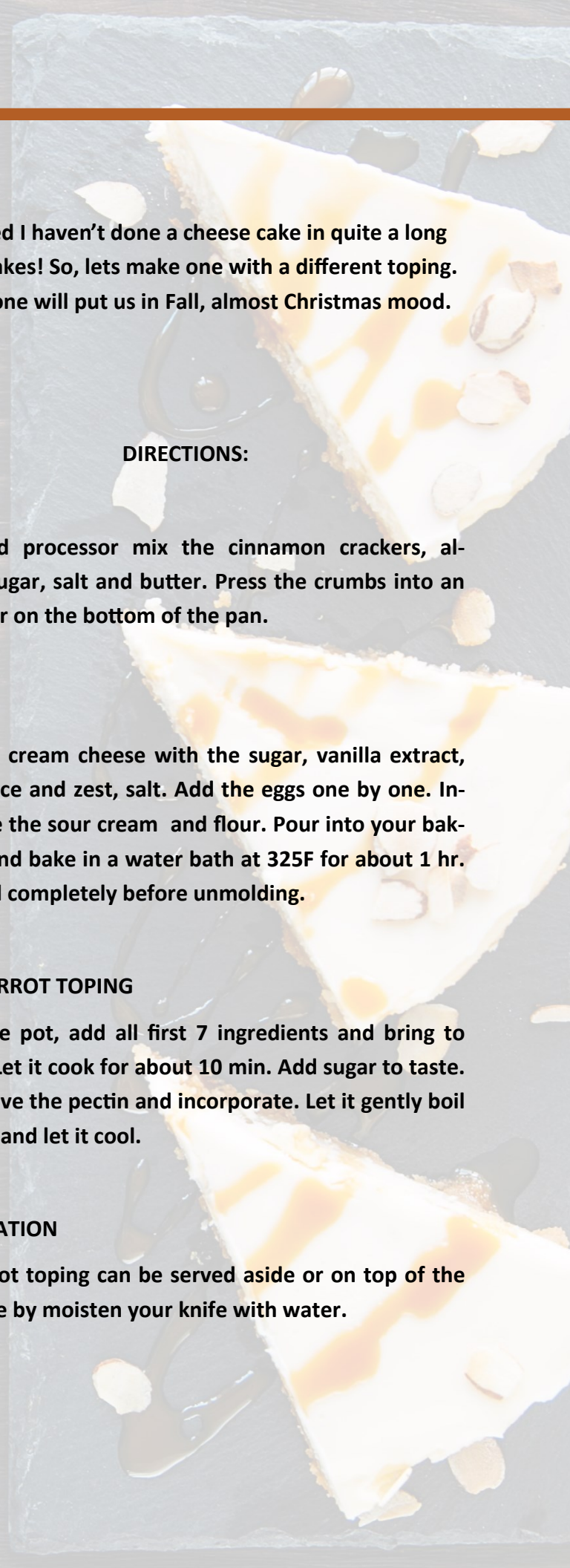
Whip the cream cheese with the sugar, vanilla extract, lemon juice and zest, salt. Add the eggs one by one. Incorporate the sour cream and flour. Pour into your baking pan and bake in a water bath at 325F for about 1 hr. Let it cool completely before unmolding.

FRUIT CARROT TOPING

In a sauce pot, add all first 7 ingredients and bring to simmer. Let it cook for about 10 min. Add sugar to taste. Pre dissolve the pectin and incorporate. Let it gently boil for 3 min and let it cool.

PRESENTATION

Fruit carrot toping can be served aside or on top of the cake. Slice by moisten your knife with water.





By sanitizing a few jars, you can preserve and keep your carrot fruit jam for future use. It goes excellent on toast, pancakes, pork loin or chops, Chinese cousin infusions, Brie cheese and crackers, etc.



Other Fun Items In Season



**BRUSSELS
SPROUTS**



PEARS



GRAPES



**BUTTERNUT
SQUASH**

Coming up — Winter Edition!

December 21st — March 20th

WINTER: To many, cold weather is a cozy time. Great time to share a warm meal and nice talks around the kitchen. Ingredients like citrus, nuts, root vegetables, kale, dates and many more will be available during this time. We look forward to welcome this season and share with you our Lettuce Talk.



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