



Recipe for: Carrot Souffle

From the kitchen of: Johanna Bringhurst

1. Peel and boil one pound of carrots in salted water for half an hour.
2. Blend in the food processor until it becomes a very smooth puree.
3. Combine carrots with:
  - a. a stick of butter
  - b. 1 t Vanilla
  - c. 3 eggs
  - d. 3 T flour
  - e. 1 t baking powder
  - f. 1 t salt
  - g. 1/2 cup white sugar--I like to use the zest from half an orange, leave it in the sugar for an hour before using so the sugar pulls out all the orange oils
  - h. 2 t molasses
  - i. 1 T honey
  - j. .25 t cardamom
  - k. a teensy bit of clove--like enough powder to coat the head of a pin
  - l. .5 t good cinnamon
  - m. a few jerries of freshly grated nutmeg
  - n. some love and affection
  - o. Blend until smooth.
5. Put the mixture in a well-buttered casserole dish and bake at 350 for 45 minutes, or until set.
6. Let it relax for about 15-20 minutes before serving. Note - should be made right before serving--the magic goes away with the reheat and goes from magic texture to delicious baby food.
7. While you serve sing the following jingle: Hey, Hey, Hey, Hey, Carrot Soufflé, Comin' your way, on Thanksgiving Day.



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## Story

I thought I would share a cherished recipe from my family family for the holidays. My brother discovered Carrot Souffle years ago and now there is no going back!

