

Smoky carrot strips

Description

Marinated and slow roasted carrots form the base of this smoky delicacy that can be served instead of lox. It has a seafood flavor thanks to the nori. For best results, allow it to sit overnight before serving. Serve on a bagel with a schmear of Cashew Cream Cheese and top with tomato, red onion, cucumber and your favorite accouterments.

Recipe group	Additional name	Diet factors	Portions	Portion size
Side Dish	CJFE	VG, GF, NF	12	4.16 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	14.4 ea	2 lb 4 oz	19%	2 lb 12.28 oz	Carrots, peeled, whole	Preheat the oven to 400°F. Peel the carrots and discard the outer peel. Peel the rest of the carrot into very thin ribbons using a vegetable peeler or mandoline. Transfer to a large bowl.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 cup	4 oz	0%	4 oz	Water	Place the water, oil, lemon juice, rice vinegar, caper brine, soy sauce, maple syrup, salt, smoked paprika, liquid smoke, black pepper, and nori in a bowl and mix well. Pour over the carrots and toss well.
	6 tbsp	2.88 oz	0%	2.88 oz	Oil, Canola	
	2 tbsp	1.04 oz	59%	2.51 oz	Lemons, juice	
	2 tbsp	1 oz	0%	1 oz	Capers, brine	
	2 tbsp	1.04 oz	0%	1.04 oz	Vinegar, Rice, seasoned	
	4 tsp	0.77 oz	0%	0.77 oz	Soy Sauce, Light Sodium	
	2 tsp	0.46 oz	0%	0.46 oz	Syrup, Maple	
	1 1/2 tsp	0.15 oz	0%	0.15 oz	Salt, Kosher	
	1 tsp	0.08 oz	0%	0.08 oz	Paprika, Smoked, ground	
	1 tsp	0.18 oz	0%	0.18 oz	Liquid Smoke	
	1/4 tsp	0.02 oz	0%	0.02 oz	Pepper, Black, table grind	
	2 ea	1.10 oz	0%	1.10 oz	Nori (Seaweed), sheet <i>ground in spice grinder or blender</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/4 cup	1.18 oz	33%	1.75 oz	Capers, canned, drained	Transfer to a large casserole dish or roasting pan, cover with aluminum foil, and roast until carrots are tender, approximately 70 minutes, depending on how thinly the carrots were sliced. Toss several times when roasting to ensure even cooking.
	1 tbsp	0.03 oz	56%	0.07 oz	Dill Weed, fresh, minced	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4					Remove from the oven, add the capers and dill and mix well. Place in the refrigerator until cool.

RECIPE IMAGES



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MEMO

This recipe was commissioned by the Center for Jewish Food Ethics, developed by Chef Mark Reinfeld, and tested by chefs at Humane World for Animals.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories		Minerals			
		% of energy						
Total fat	7.10 g	60.63 %	103.53 kcal		Salt	0.95 g		
Saturated	0.56 g	4.74 %	433.18 kJ		Salt	0.80 %	Vitamins	
Monounsaturated	4.32 g	36.93 %			Sodium	379.02 mg	Vitamin A	722.21 µg
Polyunsaturated	2.05 g	17.54 %			Phosphorus	35.73 mg	Vitamin D	0.00 µg
Trans fatty acids	0.03 g	0.23 %			Potassium	300.30 mg	Thiamine	0.07 mg
Cholesterol	0.00 mg				Iron	0.47 mg	Riboflavin	0.09 mg
Linolenic acid	1.42 g	12.11 %			Calcium	34.62 mg	Niacin	0.95 mg
Alpha-linolenic acid	622.83 mg	5.32 %			Zinc	0.29 mg	Vitamin B6	0.13 mg
Total Carbohydrate	9.67 g	37.97 %			Chloride	0.00 mg	Vitamin B12	0.00 µg
Sugars total	4.81 g				Chromium	0.00 µg	Folate	0.00 µg
Added sugar	0.00 g	0.00 %			Fluoride	0.00 mg	Biotin	0.00 µg
Lactose	0.00 g				Magnesium	14.04 mg	Choline	0.00 mg
Fiber	2.65 g	4.90 %			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %			Iodine	0.00 µg	Vitamin C	7.26 mg
Sugar alcohol	0.00 g	0.00 %			Selenium	0.20 µg	Vitamin E	1.89 mg
Starch	1.22 g	4.77 %			Copper	0.07 mg	Vitamin K	17.68 µg
Protein	1.27 g	4.99 %						
Alcohol	0.00 g	0.00 %						
							Others	
							Water	95.12 g

CO₂**0.05 kg**

Comparable CO₂ emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.