

CURRIED CARROT HUMMUS

by House of Flowers Culinary Team



INGREDIENTS

Yield: 3 quarts

3 lbs Carrots, peeled and large diced
4 tbsp EVOO
1 tbsp Vadouvan spice
1 tsp Salt

1 cup Red lentils
4 cups Water

½ cup Parsley
¼ cup Tahini
4 ea Garlic cloves, confit
2 tsp Coriander
2 tsp Cumin
1 tsp Vadouvan spice
1 tbsp Salt

1 ¼ cup Lemon Juice
1 cup EVOO
Add water to proper consistency
Add salt to taste

METHOD

Toss the carrots with EVOO, spice and salt. Roast at 400 degrees until tender. Cook the red lentils in water until completely tender. Blend the carrots and lentils with all the spices, coriander, garlic, tahini, and salt in the food processor. Use any left over water from cooking the lentils to thin the hummus out. Emulsify the lemon juice, EVOO in the mixture using extra water and salt to achieve proper consistency. Chill properly.