Retigo Combionline | Cookbook | Vegetables 21. 8. 2025

Roasted carrot puree with honey

Cuisine: Czech

Food category: Vegetables



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Program steps

Preheating:

185 °C















| Ingredients - | number | of i | nortions | - 10 |
|---------------|---------|--------|----------|------|
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| 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 | 300 kJ |
| Carbohydrate | 0.1 g |
| Fat | 8 g |
| Protein | 0.1 g |
| Water | 0 g |

Recommended accessories



