

Culinary Techniques

CARROTS

Carrots are root vegetables that are most commonly orange in color but do come in varieties that include purple, yellow, red, and white.



COIN

(Rondelle): Hold the carrot using the claw method and place the knife across the carrot making a 90° angle. Using a rocking motion, slice through the carrot and repeating the process the length of the carrot. You will end up with a cross section cuts (coins).



BIAS

Hold the carrot using the claw method and place the knife across the carrot at an angle. Using a rocking motion slice through the carrot and repeating the process the length of the carrot. This will result in an oblong (oval) cross section cut. A sharper angle will produce a longer cut.



ROLL

Lay the carrot on the cutting board and trim off the tip. Hold the carrot using the claw method and place the knife across the carrot at a 45° angle. Using a rocking motion, slice through the carrot. Next, roll the carrot 180° and cut. Rotating back and forth, repeat the process the length of the carrot.



JULIENNE

Start by cutting the carrot into approximately 2 to 3-inch lengths. Next, square off the length of each section, making a long rectangle. Slice lengthwise into 1/8" thick planks, then slice 1/8" strips. Note: line up the sticks and cut again at the same width to produce diced carrots.



GRATE

Hold grater over a bowl and run the whole carrot back and forth across the grater teeth.



CLOCKWISE from top right: Julienne, Rondelle, Grate, Bias, Roll cuts.

Ways to Prep Carrots:

Safety first: Wash the carrot under clean water. It is a good practice to use a vegetable brush to lightly scrub.

Remember to **avoid bare hand contact** with any ready to eat food.

Use the right knife for the job: **A Chef's Knife.**

Ways to Cook Carrots:

PAR-COOK: Use either boiling water or steam. Cook for about 2 to 5 minutes (depending on the size). Then, immediately remove from heat and cool down in an ice bath to stop cooking. This is still considered raw but is a bit more tender and the flavor is enhanced. Also, it is a great starting point prior to other cooking methods.

BOIL: In a large pot, bring lightly salted water to a boil and add cut carrots. Depending on the cut, the length of cook time will vary. Remove when fork or knife tip can easily pierce the carrot.

STEAM: Place carrots in a perforated pan in a single layer. Place in steam for 6 to 8 minutes, being careful not to overcook.

SAUTÉ: (Stir-fry) In a skillet, heat olive oil. Then, add par-cooked carrots (thinner cuts work best) and cook for 3 to 5 minutes while constantly moving the carrots around. Season to taste. Result should be al 'dente with a start of browning on the edges.

ROAST: Toss larger cut carrots in olive oil and lightly season with salt and pepper (and any other desired seasoning). Place in a single layer on a lined sheet pan. Place into a 450° degree oven for 15 minutes. Turn the carrots and cook another 10 minutes (brown and crisp around the edges). For thicker cuts, par-cooking will speed up the cooking process.

RAW: Eat carrots as a salad or a snack with a dressing or hummus dip.

ADDITIONAL USES: Carrots can also be run through a juicer or cooked down then pureed.

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