



## **Fancy French Garden Carrot Gougères + Petite Veggie Crudités & Rémoulade + Lemon Spritz**

By Erin Fletter

**Prep Time 40 / Cook Time 25 / Serves 4 - 6**

### **Shopping List**

(Please note ingredients that begin with asterisks are only for regular Gougères recipe. Alternate Vegan and Gluten-Free Gougères recipe ingredients are at the end of the list.)

FRESH

1 carrot

1 lemon

Pick 3 of these for crudité (your choice!):

1 handful baby carrots

1 handful fresh green beans

1/2 bunch red radishes

2 to 3 stalks celery

1 cucumber

DAIRY and EGGS

\*1/4 C whole milk \*(see allergy subs below)\*\*

\*2 1/2 T butter \*(see allergy subs below)\*\*

\*6 oz cheddar or provolone cheese \*(see allergy subs below)\*\*

2 T plain yogurt \*(see allergy subs below)\*\*

\*2 eggs \*(see allergy subs below)\*\*

PANTRY

- \*1/2 C all-purpose flour **\*\* (see allergy subs below)\*\***
- 3/4 tsp salt
- 1/4 tsp ground black pepper
- 1/4 C + 1/2 tsp sugar
- 2 T vegetable oil for greasing pan or cupcake maker
- 2 T mayonnaise **\*\* (see allergy subs below)\*\***
- 2 1/2 C sparkling water
- HAVE ON HAND
- 1 C ice
- ALTERNATE ingredients for Vegan and Gluten-Free recipe:
- 2 C tapioca flour (found at natural grocery stores, Asian markets, and larger grocery stores)
- 3/4 C unsweetened soy, rice, or coconut milk (dairy-free/nut-free milk)
- 1 T baking powder
- 8 T or 1 stick dairy-free/nut-free butter, like Earth Balance brand
- 3 to 4 T nutritional yeast

## Fun-Da-Mentals Kitchen Skills

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**simmer:** to cook a food gently, usually in a liquid, until softened.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**simmer:** to cook a food gently, usually in a liquid, until softened.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure

eight, or in whatever direction you like!

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

## Equipment

- Pitcher
- Citrus juicer (optional)
- Dry measuring cups
- Liquid measuring cup
- Spoon to stir
- Cutting board + kid-safe knife
- Large plate
- Small bowl
- Measuring spoons
- Whisk
- Oven
- Muffin pan
- Pastry brush (optional, for greasing muffin pan)
- Saucepan
- Grater
- Large mixing bowl
- Rubber spatula
- Whisk or immersion blender

## Ingredients

Fancy French Garden Carrot Gougères

- 1/4 C whole milk **\*\***(for DAIRY ALLERGY follow Vegan and Gluten-Free recipe OR sub dairy-free/nut-free milk)**\*\***
- 2 1/2 T butter **\*\***(for DAIRY ALLERGY follow Vegan and Gluten-Free recipe OR sub dairy-free/nut-free

butter, like Earth Balance)\*\*

1/4 tsp salt

1/4 tsp ground black pepper

1/4 tsp sugar

1/2 C all-purpose flour \*\*(for GLUTEN ALLERGY follow Vegan and Gluten-Free recipe OR sub gluten-free/nut-free all-purpose flour)\*\*

1 carrot

1/2 C cheddar or provolone cheese + extra for topping \*\*(for DAIRY ALLERGY follow Vegan and Gluten-Free recipe OR sub dairy-free/nut-free cheese shreds, like Daiya brand)\*\*

2 eggs \*\*(for EGG ALLERGY follow Vegan and Gluten-Free recipe OR sub 2 T ground flaxseed + 6 T warm water—more info below)\*\*

2 T vegetable oil for greasing muffin pan

### Petite Veggie Crudités & Rémoulade

Pick 3 of your choice:

1 handful baby carrots

1 handful fresh green beans

1/2 bunch red radishes

2 to 3 stalks celery

1 cucumber

2 T plain yogurt \*\*(for DAIRY ALLERGY sub soy or other dairy-free/nut-free plain yogurt)\*\*

2 T mayonnaise \*\*(for EGG ALLERGY sub vegan mayonnaise)\*\*

1 squeeze of lemon juice

1 big pinch salt

1 tiny pinch ground black pepper

1 pinch sugar

### French Lemon Spritz

1 lemon, juiced

1/4 C sugar

2 1/2 C sparkling water

1 C ice

## VEGAN & GLUTEN-FREE Fancy French Garden Carrot Gougères

2 C tapioca flour (found at natural grocery stores, Asian markets, and larger grocery stores)

3/4 C unsweetened soy, rice, or coconut milk (dairy-free/nut-free milk)

1 T baking powder

1/2 tsp salt

1/4 tsp sugar

1/4 tsp ground black pepper

8 T (1 stick) dairy-free/nut-free butter, softened (like Earth Balance brand)

3 to 4 tablespoons nutritional yeast

1 carrot

2 vegetable oil for greasing muffin pan

## Food Allergen Substitutions

### Fancy French Garden Carrot Gougères

**Dairy:** Follow the Vegan and Gluten-Free version of the recipe OR substitute dairy-free/nut-free milk, dairy-free/nut-free butter, like Earth Balance, and dairy-free/nut-free cheese shreds, like Daiya brand.

**Gluten/Wheat:** Follow the Vegan and Gluten-Free version of the recipe OR substitute gluten-free/nut-free all-purpose flour.

**Egg:** Follow the Vegan and Gluten-Free version of the recipe OR substitute 2 T ground flaxseed + 6 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

### Petite Veggie Crudités & Rémoulade

**Dairy:** Substitute soy or other dairy-free/nut-free plain yogurt.

**Egg:** Substitute vegan mayonnaise.

### French Lemon Spritz

## VEGAN & GLUTEN-FREE Fancy French Garden Carrot Gougères

# Instructions

## Fancy French Garden Carrot Gougères

### gougeres intro

We are making Gougères! (baked cheese puffs), pronounced "goo-ZHER."

### preheat + measure + simmer

Preheat your oven to 400 F. Measure **1/4 cup water, 1/4 cup milk, 2 1/2 tablespoons butter, 1/4 teaspoon salt, 1/4 teaspoon black pepper,** and **1/4 teaspoon sugar** into a cold saucepan on your stovetop. Turn the heat on your stovetop to medium-high to melt the butter and simmer the ingredients, whisking continuously.

### add + stir

After 1 to 2 minutes of heating the water and milk mixture, immediately add **1/2 cup flour** to your saucepan, continuing to whisk until a bowl forms and pulls away from the sides of the pan. Reduce the heat to medium-low and continue to stir vigorously for another minute or two until the dough is thick and glossy. Transfer the dough to a mixing bowl and allow it to cool a bit.

### grate + crack + whisk

While the dough cools, grate **1 carrot** and **1/2 cup cheddar or provolone cheese**. Next, crack **2 eggs** into the dough, one at a time, whisking like mad after each one!

### fold + brush + scoop

Fold in the grated carrots and cheese and brush **2 tablespoons vegetable oil** in the wells of your muffin pan. Scoop a tablespoon of dough into each muffin well and top each dough ball with a sprinkle of grated cheese.

### bake + enjoy!

Bake until golden and crispy, about 20 minutes. Remove from the oven and let cool for a few minutes. These make a delicious snack served with Petite Veggie Crudités & Rémoulade and French Lemon Spritz (see recipes)!

## Petite Veggie Crudités & Rémoulade

### intro

"Crudités" (croo-deh-TAY) and "rémoulade" (RAY-moo-laud) are French words. Crudités are raw vegetable appetizers served with rémoulade, a French dipping sauce.

### chop + slice + arrange

Chop and slice your selection of **veggies** into bite-sized pieces, large enough to dip. Arrange on a large plate.

### measure + whisk + dip

In a small bowl, measure and whisk together **2 tablespoons yogurt, 2 tablespoons mayonnaise, 1 squeeze of lemon juice, 1 big pinch of salt, 1 tiny pinch of black pepper,** and **1 pinch of sugar.** Dip your veggies in the rémoulade dip and enjoy!

### French Lemon Spritz

### squeeze + stir + pour

Squeeze the juice of **1 lemon** into a pitcher. Add **1/4 cup sugar** and stir. Measure and pour in **2 1/2 cups of sparkling water** and stir until the sugar is dissolved. Divide **1 C ice** between cups and pour the spritz over the ice!

### VEGAN & GLUTEN-FREE Fancy French Garden Carrot Gougères

### gougères intro

We are making Gougères! (baked cheese puffs), pronounced "goo-ZHER."

### preheat + brush

Preheat your oven to 400 F and brush **2 tablespoons of vegetable** oil in the wells of your muffin pan.

### measure + mix

In a large bowl, measure and mix **2 cups tapioca flour, 3/4 cup dairy free milk, 1 tablespoon baking powder, 1/2 teaspoon salt, 1/4 teaspoon sugar, 1/4 teaspoon black pepper, 8 tablespoons dairy free butter,** and **3 to 4 tablespoons nutritional yeast.**

### grate + pulse

Grate **1 carrot** and add to the mixture in the bowl. Whisk or use an immersion blender to pulse for at least 5 seconds while counting in French: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank). You may need to use a spatula to scrape down the sides of the bowl so that everything gets blended very, very well.

### pour + bake + cool

Pour batter into the greased muffin pan, not quite to the top. Bake for about 20 minutes, until puffy and just lightly browned. Remove from the oven and let cool for a few minutes. These make a delicious snack served with Petite Veggie Crudités & Rémoûlade and French Lemon Spritz (see recipes)!

## Featured Ingredient: Carrots!

Hi! I'm Carrot!

"I'm at the root of this recipe! Get it? Root? Carrots are root vegetables! We grow up in dark and cozy soil. Our leaves get plenty of sunshine, though. If you grow us, it's so satisfying to pull us out of our

underground home and know you'll be tasting our crunchy sweetness very soon. But you may want to wash us first! You can eat carrots raw or cook them first. Either way, you'll enjoy our flavor, texture, and color in salads, savory dishes, and desserts, like carrot cake!"

## History

Before carrots were orange, they were purple, red, white, and yellow. In the 16th century (after the Middle Ages), Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by crossbreeding pale yellow carrots with red carrots. Carrots soon caught on in England as both a food and a fashion accessory. For example, it's said that ladies in the 1600s would decorate their hats with carrot tops instead of feathers!

The carrots we eat today were domesticated from a wild carrot native to Europe and southwestern Asia. No one knows exactly how old carrots are, but history traces them back about 5,000 years. They were mistaken for parsnips before the carrot was identified as a distinct vegetable. Carrots and parsnips are related but from different families. Parsnips are white and look a lot like carrots. They're also root vegetables!

When carrots were first grown many hundreds of years ago, farmers prized them for their aromatic leaves and seeds—not just the roots!

According to some sources, carrots are the second most popular vegetable in the world, behind just one other. Can you guess what's number one? Potatoes!

The longest carrot ever recorded was over 20 feet long! (The measurement included the taproot's long, skinny end.) The heaviest carrot recorded weighed over 22 pounds!

You may think rabbits love carrots naturally, and this is largely because of the popularity of the wise-cracking and charming cartoon rabbit character named Bugs Bunny. We see Bugs Bunny munching on a carrot in most scenes. In reality, if a rabbit ate a whole carrot, it would be like you or me eating 20 carrots in one sitting! Way too much! Here's another fun fact: The voice of Bugs Bunny, Mel Blanc, reportedly did not like carrots at all.

## Anatomy & Etymology

Carrots belong to the Umbelliferae family, named for their resemblance to an umbrella when their leafy green stems are attached. This family includes celery, parsnip, fennel, dill, and coriander.

Carrots are root vegetables, meaning they grow underneath the ground. Their feathery leaves grow above the ground. Can you think of other root vegetables? A few of them are beets, onions, turnips, potatoes, radishes, parsnips, fennel, garlic, and jicama.

You can eat every part of the carrot. Typically we eat the root part of the plant, but the stems and leaves are edible, too! A carrot's root can grow anywhere from 2 to 20 inches long before it's picked!

Carrots like to grow in cooler climates, not tropical, hot places. For this reason, they are usually grown in the autumn, winter, and spring months.

Baby carrots sold in grocery stores started as long carrots that were sliced and tumbled into smaller pieces

to make them "baby-sized."

Carrot seeds are tiny. Find a teaspoon. How many carrot seeds do you think will fit inside? About 2,000! A carrot plant will live for two years, meaning new crops need to be planted from seed every two years. There are two main classes of carrots: Western and Eastern. The Western class includes four types, classified by their root shape: Chantenay, Danvers, Imperator, and Nantes. Several cultivars (varieties created by selective breeding) exist under each type. Many varieties have different colors than the typical orange. How many colors have you seen? The next time you're in the grocery store, look for these diverse carrots.

The English word "carrot" comes from the Greek word "karoton."

## How to Pick, Buy, & Eat

One large carrot or a handful of baby carrots counts as one vegetable serving. Aim for three servings of veggies a day for kids and five servings for adults.

Carrots can be eaten raw, roasted, juiced, boiled, mashed, or steamed. However, they are most nutrient-dense when cooked and eaten with fat like butter or oil.

When you eat a carrot, how does it taste? Modern carrots have been bred to be sweet, which is why we often use them in baked goods like carrot cake! On the other hand, ancient carrots were bitter, not sweet. Look for firm, brightly colored carrots with smooth, firm skin. Carrots that are limp or black near the top are not fresh.

Thicker carrots may be older and tougher to eat, whereas thinner carrots are typically younger, fresher, and sweeter.

Store carrots in the crisper drawer of your refrigerator, where they will keep for a few weeks!

One of the tastiest, easiest ways to cook carrots is to toss them with melted butter, salt, honey, and garlic, then roast them at 425 F for 20 minutes.

You can grate raw carrots and add them to salads or chop them to add to soups or stews. If you boil or steam carrots, you then puree them to add to breads, cookies, cakes, or even tomato sauce to sweeten it. Carrots add natural sweetness to whatever recipe they're in (and a pretty orange color, too!).

## Nutrition

Eyes! The color of a fruit or vegetable tells us what nutrient it contains (nature is amazing!). Orange vegetables and fruits have a particular nutrient called beta carotene. Beta carotene was named for the carrot itself! This nutrient converts to vitamin A inside the body, which is good for our eyes! Studies have shown that only three percent of beta carotene is released from the raw vegetable when we digest it. But this percentage can be improved when we juice or puree raw carrots or cook them with fat like butter or oil. Carrots have the most beta carotene of any vegetable!

Teeth! The crunchiness of carrots helps clean the plaque off your teeth and gums, just like your toothbrush! Of course, this doesn't mean eating a carrot at the end of the day can substitute for brushing your teeth!

Carrots also have minerals that protect the teeth.

Purple carrots include anthocyanin, an antioxidant, just like purple eggplants, blueberries, and other colorful fruits.

As with all vegetables, eating carrots helps protect us from getting sick!