

Submitted By: Sharon Aldrich, awarded 'Chef of the Evening' at the March 2007 Mini Tasting event.

Carrot Souffle

1/2 tablespoon vegetable oil
3 pounds carrots, chopped
6 large eggs
2 cups packed light brown sugar
1/2 pound (2 sticks) unsalted butter, at room temperature
1/2 cup all-purpose flour
1/2 cup milk
1/4 cup fresh orange juice
1 tablespoon orange zest
1 1/2 teaspoons baking powder
3/4 teaspoon ground cinnamon
1/2 teaspoon freshly grated nutmeg
Pinch of salt

Topping:

1 cup packed light brown sugar
1 cup chopped pecans
1/2 cup all-purpose flour
4 tablespoons (1/2 stick) unsalted butter, at room temperature

Preheat the oven to 350 degrees F. Grease a 9 by 13-inch casserole with the oil and set aside.

Bring a large pot of water to a boil, add the carrots, and cook until tender, about 15 minutes; drain. Combine the carrots with the remaining ingredients in a food processor and process until smooth, scraping down the sides of the bowl as necessary. Depending on the size of your processor, you may need to do this in batches.

Spoon the mixture into the prepared casserole.

Combine the brown sugar, pecans, flour, and butter in a medium bowl. Stir to blend. Scatter the mixture over the top of the casserole and bake until the topping is lightly browned, 55 minutes to 1 hour.

Original Recipe: Courtesy of foodnetwork.com, Emeril Lagasse

Carol's Notes: This is similar to Thanksgiving Sweet Potato Casserole with an interesting twist using carrots. When I cooked it for the mini-tasting, I omitted the orange zest because I don't care for the 'orangey' taste it creates.