

## THE KITCHEN FRONT By Abrose Heath

HOME SERVICE: Tuesday January 7 1941 at 8.15 a.m. approx for five minutes.



Transcript of ACTUAL SCRIPT of radio broadcast

### CARROTS

This morning I want to talk about another of Lord Woolton's suggestions for 1941 eating: Carrots.

Well what are we going to do about our carrots? What can we do differently with them? I was reading the other day of an extremely good Cornish recipe for a vegetable dish with carrots (I think it was in one of Mrs. Webb's books), and this consisted of carrots, swedes and parsnips all cooked together until done.

You then mashed the swedes and parsnips together, cut the carrots into dice, and mixed these with the swede and parsnip puree, adding a very little .... well, the recipe said cream, but milk would do. That seems to me to be a dish that would appeal even to those who disliked the separate flavours of those vegetables.

I've long known that a mixture of mashed carrots and parsnips is far better than a mash of either by itself, and I'd like you to try it, and don't forget, by the way, now that pullets are showing signs of laying a bit better, that these vegetable mashes make excellent dishes by themselves, if you beat up an egg into them, and bake or steam them in a pudding-basin.

With some of those oatcakes I was talking about yesterday, they make a really fine meal. Raw carrots are especially good for you, and there are of course a great many ways in which you can use them in salads. Almost any salad will certainly be beautified by the addition of some grated carrot, and I should like to recommend perhaps the simplest of all, and that is the addition of grated carrot, or very tiny dice of raw carrot, to your next potato salad.

Potato salads! How good they are: The contrast of the carrot, potato and parsley will make you want to sit down to that meal as quickly as you decently can. And here are two American salads with carrots. Add grated raw carrot to a plain shredded cabbage salad ... or this is more exciting. Put two medium-sized raw carrots and two tablespoonfuls of blanched sweet almonds or other nuts through the mincing machine (or chop them both finely), dress them with Mayonnaise dressing and serve on watercress.

Chop up finely two medium sized raw carrots and two tablespoonfuls of blanched sweet other nuts, dress with mayonnaise and serve on watercress.

Now you should make as much use of carrots you possibly can, because there are plenty of them about: they're cheap, and they are very good for you, especially for warding off colds I'm told..... and as most of us have, or have had or are going to have colds just now there's not much more to be said, is there? but apart from that, they're a very good substitute for some of the things we can't get now as easily as we used to, so if I were you, I'd look up as many carrot recipes as you can.... not forgetting carrot pudding, which I'm afraid I haven't time to give you now.

It was a great favourite in my nursery days, anyhow, and should be just as much liked by young and old, nowadays. For tastes don't change very much really.

Let's see: what have I suggested? Parsnips and swedes mashed together and mixed with dice of carrot..... Mashed carrots (or any other root vegetable) bound with egg and steamed or baked and eaten as a separate course with oatcakes... grated raw carrot on potato salad. And other salads too, such as a cabbage salad..., and raw carrot finely chopped and mixed with finely chopped blanched almonds or other nuts, bound with Mayonnaise, on watercress.

There used to be a joke about only donkeys eating carrots. Now it seems we shall be donkeys if we don't: And now for the cooking tip. I said I'd give you each day this week. People often tell me that when they've made a potato or carrot soup or a soup of that kind, the starchy part sinks to the bottom of the pan, leaving the thinner liquid at the top. The best way to overcome this trouble is to mix a little plain flour with water to a smooth paste, and boil this up with the soup. It will then be found to be all of the same thickness. This used to worry me sometimes when I first began to cook, so it may worry some of you too. - Well, that's the way to get over it.

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*Transcribed by:*

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