

“THE KITCHEN FRONT” by Ambrose Heath Thursday 13 April 1941

Transcript of ACTUAL SCRIPT of radio broadcast

CARROTS

I had a beautiful leaflet sent to me the other day by the Ministry of Food, all about Carrots. It is full of very useful suggestions, and, if I were you I should get hold of one.

It was rather a blow to me to get it as a matter of fact, because I'd made up my mind when next I talked to you to give you a recipe for a rather exciting sort of carrot pudding, not a sweet but a savoury dish or rather a main course dish, which comes from Sweden. So naturally I looked very carefully through the leaflet to see if there was anything like it, but it was all right: there wasn't.

I can never make up my mind myself whether I like Carrots or not. Sometimes I think they're inclined to be a bit sweet, and at other times I think they're excellent. I expect many of you are the same. The result is that I go on eating them, and you do too no doubt which is just as well, because they're very good, for you, and particularly good for warding off colds, I'm told which is a good deal in their favour just now when Springtime is upon us, and the weather is always a bit treacherous. One of the best ideas in the leaflet, I thought was the suggestion that Carrots should be baked round the joint like potatoes. I've never tried this with carrots, but I have with parsnips which are quite good that way, and with Jerusalem artichokes, which are really first-class this way make a note of that: Jerusalem artichokes baked round the joint like potatoes. Their colour may not be very good, but their flavour is A.1.

But let's get back to our carrots. Besides the suggestion for baking them round the joint, this Ministry of Food leaflet contains a dozen or so recipes for cooking them in other ways, a number of suggestions for eating the raw, and ends up with some hints for storing them. It's called the Ministry of Food Cookery Leaflet No. Four.

Before I give you the recipe for the carrot pudding, let me give you a suggestion which was sent me by a listener. She had found out that fried carrot is nice with bacon for breakfast. She writes: "I recently sliced one or two up and cooked the rounds with my bacon. A little cooking fat, and the lid on the pan makes them tender in no time.

And now for Carrot Pudding - most of us have enjoyed sweet carrot pudding when children, and afterwards, I expect (there's a recipe for one in the leaflet), but the dish I'm going to give you was something new to me when I first tasted it only the other day. In the circumstances I don't think we ought to begrudge the two eggs, though one might do at a pinch. Ready? Prepare a pound and a half of carrots - a pound and a half of carrots and parboil them; that is to say, half-cook them. If you're cooking them in water, don't forget to keep the water to add to a soup.

When the parboiled carrots are cold, grate them on a coarse grater Grate them. Now beat up two eggs... two eggs (or one might do at a pinch) and add them to a scant half-pint of milk - under the half-pint rather than over - two tablespoonfuls of melted margarine.... two tablespoonfuls of melted margarine..., six tablespoonfuls, heaped, of white breadcrumbs - six heaped tablespoonfuls of white breadcrumbs - and a teaspoonful of salt - a teaspoonful of salt. Now mix this all with the grated carrots. Now grease a pie-

dish, and sprinkle the inside with browned breadcrumbs, browned ones this time, put in the carrot mixture, and bake in a moderate oven until done.

Here are the ingredients once more.

A pound and a half of carrots, cooked and grated

Two beaten eggs

A scant half pint of milk

Two tablespoonfuls of melted margarine

Six tablespoonfuls of white breadcrumbs

A teaspoonful of salt.

Mix together, put into a greased pie-dish lined with browned breadcrumbs, and bake in a moderate oven until done.

Oh and don't forget to get that leaflet!

Write to the Ministry of Food, ' Leaflet No. 4. Room 67, Neville House, LONDON.

World Carrot Museum