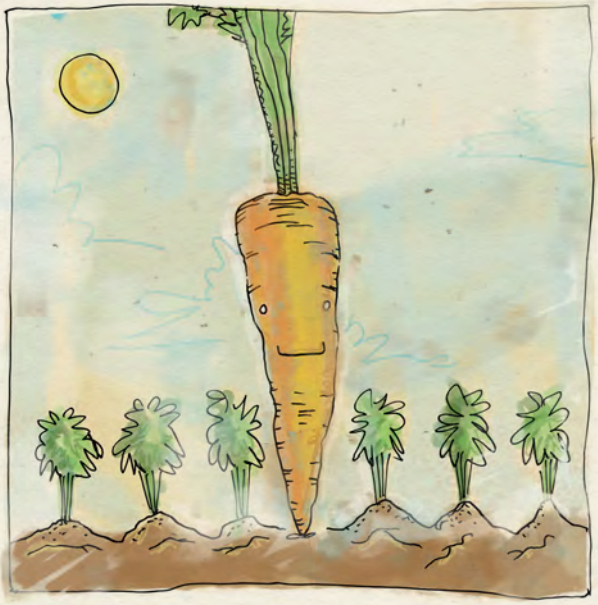
La Condesa presents

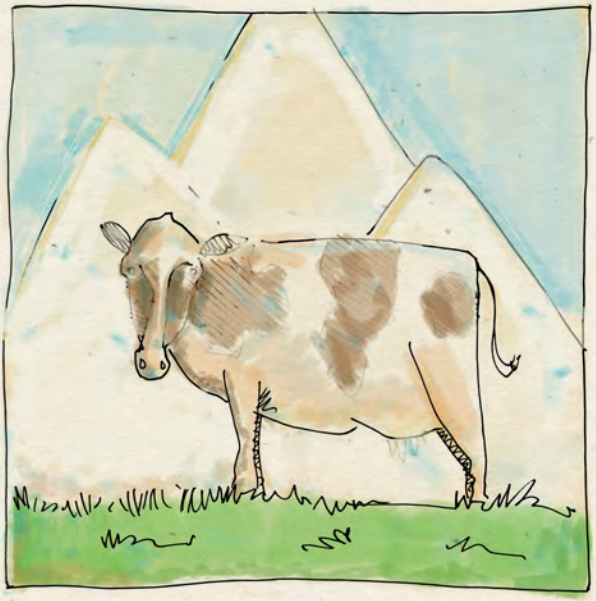
Know Your Food's Story



1) The Zanahoria Salad, or Carrot Salad, was born at La Condesa four years ago as the brainchild of Executive Chef Rick Lopez. Chef Rick wanted to create a versatile, enjoyable vegetarian dish using a single vegetable. And so the Zanahoria came to be—a delightful salad composed of roasted carrots, pickled currants, carrot top chimichurri, crispy quinoa, cardamom, and White Mountain yogurt.

2) The main ingredient, the carrot, is sourced from local farms like Johnson's Backyard Garden (JBG), a really cool farm and CSA (Community Supported Agricultural) operation in East Austin. In just 3 years, JBG has grown from a small backyard garden into a substantial, certified USDA farm supported by 1,000 members!

3) When the carrots arrive at La Condesa they go to Angelica, a prep cook from Guatemala. She preps the carrots in a variety of ways. Some are roasted with salt, pepper and thyme. Others are shaved thinly on a mandolin. Some get pickled, and some are made into a carrot-top chimichurri.



4) Once the carrots are prepped, Angelica pickles the currants and makes the cardamom yogurt. The yogurt base comes from White Mountain Foods, a local vegetarian health food company with a mission to provide naturally simple products focused on supporting health.

5) The final step of the Zanahoria Salad is the quinoa, which is poached and fried in a mixture of dried JBG orange skin and mint. This fragrant mixture helps the quinoa take on a flavor that is similar to fruity cereal, but a whole lot healthier.

6) Before the salad makes it to your table, Chef Rick garnishes it with fresh-picked raw carrot tops and fresh mint. The dish now has everything you could ask for: sweet and savory flavors, cooked and raw textures, all co-mingling in one colorful dish made with a lot of love from the community. And that, friends, is a farm to table fairytale ending! #knowyourfoodsstory

ZANAHORIA SALAD
SERVES 2-3

With all of the ingredients being a labor of love, preparation of this salad can be done up to three days in advance of the meal.

1½ bunches of rainbow carrots with tops (1 bunch to roast; ½ bunch to shave raw)
Pickled Currants & Carrots
Carrot Top Chimichurri
Crispy Quinoa
Cardamom Yogurt
Fresh carrot leaves
Fresh mint leaves

Instructions:
Shave ½ bunch of carrots very thinly with a mandolin or vegetable peeler, using the shape of the whole carrot.
Shock the shaved carrots in cold ice water to create a crisp, curly carrot for texture.
Roast 1 bunch of whole carrots with salt, pepper, oil and thyme at 400 degrees Fahrenheit for 18-23 minutes, until carrots turn golden in color. The carrots should be "golden brown and delicious," as we say in the kitchen.

Crispy Quinoa
1 cup poached quinoa
2 bunches mint leaves
2 oranges (peels only)
Citrus-mint powder

Instructions:
Dehydrate mint and orange peels for 24 hours in a low oven with no fan or with a dehydrator. Not all homes have a dehydrator, but a low oven works just as well.
Once the ingredients are dry, place them in a coffee grinder, add citrus-mint powder and grind until smooth. Reserve.
Fry the poached quinoa: using a strainer, place a small amount of poached quinoa inside and dip into the fryer or a small pot with oil until crispy. The best way to tell if quinoa is done is when the oil stops bubbling and the quinoa turns slightly golden.
Coat quinoa with the citrus-mint powder until quinoa turns green, and add salt to taste. Reserve and hold for garnish.

Carrot Top Chimichurri
1 bunches carrot tops (greens only)

½ bunch cilantro
4 garlic cloves
1 bay leaf
10 grams chives
10 grams oregano (fresh)
1 shallot
2 Serrano peppers
2 toasted chile de arbol
100 grams sherry vinegar
31 tsp toasted cumin
4 tomatillos
Blended oil

Instructions:
Finely chop carrot tops and cilantro and put in a mixing bowl. Reserve. Combine Serrano peppers, vinegar, cumin and tomatillos in a Vitamix and blend until smooth.
Fold smooth mixture in with the chopped carrot tops and cilantro, and add blended oil until loose and oily. Season with salt and pepper..

Cardamom Yogurt
200 grams greek full fat yogurt; strained
2 lemons, zest and juice
2 grams cardamom pods
300 grams extra-virgin olive oil
20 grams whole milk
Maldon salt to taste

Instructions:
Combine all ingredients in a bowl and mix until everything is well incorporated.

Pickled Currants & Carrots
½ bunch carrots
¼ cup currants
1 cup sugar
1 cup apple cider vinegar

Instructions:
In separate containers, set aside currants and carrots. Bring apple cider vinegar and sugar to a boil. Add a big pinch of salt and pour over the currants and carrots to create a soft, quick pickle. Reserve at room temperature and let cool until ready to plate.

To plate:
Add a generous dollop of cardamom yogurt in the center of the plate, followed by warm roasted carrots, pickled currants and carrot pieces sprinkled liberally around the plate. If plating family-style, use a big, flat platter that can make scooping easy. Add thinly shaved crisp raw carrot, top with a drizzle of chimichurri and sprinkle on the crispy quinoa. Top with any leftover carrot leaves or fresh mint leaves for a fresh finish and beautiful display of ingredients. Finish with a drizzle of olive oil and fresh cracked pepper to taste. Enjoy!

LA CONDESA

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