





PHOTO BY JACOPO SALVI

Recipe by
ALFIO GHEZZI

CARROTS SPRUCE AND ULIDEA

SERVES: 4 · DIFFICULTY: MEDIUM-EASY · TOTAL TIME: 2 HOURS AND 30 MINUTES

INGREDIENTS

- 8 medium-large carrots with tuft
- 1 drop of spruce essential oil
- 150 g cream
- 0.15 l Müller Thurgau Trentino Superiore DOC organic
- 1/2 shallot
- 1 bay leaf
- 3-4 peppercorns
- 10 g butter
- 6 g Ulidea
- 12 watercress tufts

DIRECTIONS

Bake the carrots wrapped in tinfoil in the oven at 185 °C (365 °F) for about one and a half hours.

With a teaspoon, scoop out the pulp from half the carrots, pass it through a blender with a drop of spruce essential oil. In a saucepan, reduce the thinly sliced shallot, bay leaf, peppercorns and Müller Thurgau to a simmer, then add the cream and reduce by 1/3. Strain and whisk in the butter.

Before serving, mash the baked carrots, then place them on plates, drizzle with the sauce and sprinkle with Ulidea and a few watercress leaves. Serve a spoonful of carrot and spruce cream on the side.

PAIRING

It is the savouriness and aromatic freshness of the **Müller Thurgau Trentino Superiore DOC Organic** that make it a precise match with the carrot; the herbaceousness of **46° Parallelo Monovarietale**, on the other hand, lengthens the taste sensations.

