

CARROT BABA

130 grams of butter
2 tablespoons olive oil
5 shallots peeled and finely chopped
1.2 kg carrots peeled and grated
3 apples peeled de cored and grated
75grams of golden sultanas
225 ml of sour cream
2 egg yolks beaten
2 teaspoons clear honey
1/2 teaspoon ground cumin
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
Salt and pepper
225 grams of crusty breadcrumbs

1. Preheat the oven to 200 degrees Celsius
2. In a large fry pan melt 30 grams of the butter add the olive oil and the shallots and cook until shallots are soft .
3. Place in with the shallots the carrots, apples, and sultanas and continue cooking and constantly stirring for another 7 minutes making sure it does not burn on the bottom
4. Grease a large deep baking dish with butter
5. Remove saucepan with carrot mix from the heat and place aside to cool for a minute
6. Melt remaining 100 grams of butter in a medium size saucepan
7. Then place into the same saucepan the sour cream, egg yolks, honey and spices mix all together and cook over a gentle heat. Season with salt and pepper then remove from the heat
8. Place apple and carrot mix into a large baking tray
9. Pour the butter cream mix over the carrot mixture in the baking tray
10. In a seperate fry pan brown your breadcrumbs in a little more butter for about 3 minutes. Sprinkle on top of the carrot baba and bake for 30 minutes until golden brown