Carrot “Pesto”

NIBBLEDISH CONTRIBUTOR

Ingredients

500 gr. Fresh, big size peeled and sliced carrots
1/3 cup unsweetened carrot juice
1 tsp salt
1/3 cup peeled and chopped sunflower seeds
2 tbsp olive oil
1/4 cup grated Parmesan cheese
1/4 cup finely chopped fresh parsley

Instructions

Bring to a boil 1l water into a deep saucepan, add the carrots and cook covered until they are very soft. Dry them and pour into the food processor. Process until reduce into a pure consistency. Return the carrot pure into the saucepan, add the salt, the juice, the sunflower seeds and the olive oil. Cover and cook over medium low heat about 30 minutes, stirring occasionally until the juice is evaporated. Remove from the heat and allow to cool about 5 minutes, then add the Parmesan cheese and the fresh parsley. Stir well. Pour into a sterilized jars.
I use this carrot "pesto" as an appetizer spread onto a crackers... as a filling for a chicken and veal rolls... even like a pesto for the pasta.