

Nose-to-tail Cooking with Vegetables

Carrot top pesto

From *Cooking with Scraps* by Lindsay-Jean Hard

- Greens from 1 bunch of carrots (to make about 1 cup after blanching and chopping)
 - ½ cup unsalted sunflower seeds, toasted
 - 1 garlic clove, minced
 - 1T freshly squeezed lemon juice
 - ¼ t fine-grain sea salt
 - ¼ cup plus 1T olive oil
1. Fill a medium-size pot with water and bring it to a boil over high heat.
 2. Prepare an ice bath: Fill a medium-size bowl with ice and water.
 3. Once the water is boiling, add the carrot greens to the pot – pushing down with tongs to make sure they all get in the water – and blanch for 1 minute.
 4. Drain the pot into a colander and transfer the greens to the ice bath with the tongs to stop the cooking process. Let the greens cool completely and drain them.
 5. Squeeze any remaining water from the greens and roughly chop them.
 6. In a food processor, pulse the greens, sunflower seeds, garlic, lemon juice and salt, scraping down the sides of the bowl as necessary. Then add the olive oil and process again until smooth.

Makes about 1 cup

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Aquafaba chocolate mousse

<https://detoxinista.com/aquafaba-mousse/>

It's a good idea to read the tips and the instructions fully for this one, but it's very doable!

- 5 ounces chocolate chips (heaping ¾ cup measurement)
 - ¾ cup aquafaba (liquid from a can of chickpeas)
 - ¼ teaspoon cream of tartar
1. Melt the chocolate chips, stirring until smooth. I do this by arranging a heat-safe bowl over a saucepan filled with an inch of water, to make a double-boiler. Bring the water to a boil, and let the steam gently melt the chocolate in the bowl above it.
 2. Once the chocolate is smooth, set it aside to cool and set a timer for 20 minutes. (Do this if you're using a stand mixer; if you are going to whip the aquafaba with a hand held electric mixer or you're using another variety of bean liquid, you may want to start the next step right away, in case it takes closer to 15 minutes.)
 3. When the timer goes off, pour the aquafaba and cream of tartar into the bowl of your stand mixer. Mix the two together, starting on low and then moving up to the highest speed possible, until the mixture creates a thick white foam that forms "stiff peaks." You should be able to turn the bowl completely upside down with nothing falling out. If you can't do that, keep whipping until it happens. This typically takes my stand mixer about 3 minutes when I used canned chickpea liquid. If you use home-cooked chickpea liquid, or the liquid from another type of bean, it can take up to 15 minutes of whipping.
 4. Once you have achieved a fluffy white foam, keep the mixer running on a medium-low speed and pour the melted chocolate into the foam. It's normal for the foam to sink a little bit when you add the chocolate, but it should not be liquid-y. Stop and scrape down the sides of the bowl to make sure the melted chocolate gets evenly incorporated.
 5. Depending on the type of chocolate you use, you'll either be able to pour the chocolate mousse into 6 small glass dishes, or you'll need to use a spoon to scoop it into the serving dishes. (I usually have to use a spoon to scoop it, because it's already fluffy.)
 6. Let the mousse chill for at least an hour before serving. I like to top it with fresh berries and a dollop of coconut whipped cream. Leftover mousse can be stored in the fridge, tightly covered, for up to a week.

Lemon rind pickles

<https://www.epicurious.com/recipes/member/views/pickled-lemon-peel-53037011>

- lemons
- 1/2 cup water
- 4 teaspoons coarse kosher salt
- 1/4 cup fresh lemon juice
- 1/4 cup extra-virgin olive oil

Using vegetable peeler, remove peel (yellow part only) from lemons. Simmer peel, 1/2 cup water, and 4 teaspoons kosher salt in heavy small saucepan over medium-high heat until salt dissolves. Reduce heat to low and simmer until liquid is reduced to 2 tablespoons and peel is tender, stirring occasionally, about 10 minutes. Transfer peel with liquid to jar. Add lemon juice and extra-virgin olive oil. Refrigerate at least 1 day and up to 1 month for use as a seasoning.

Vegetable stock

You can follow a beautiful recipe such as this one: <https://www.cookrepublic.com/market-veggie-broth-stock-vegan/>

OR you can simply keep a Ziploc bag in your freezer and add your scraps as you cook other meals. Potato and ginger peels, parsley stems, the outer layers of onions... it's all great in a stock. And keeping the bag in the freezer alleviates the pressure to make it before the veggies get soggy. Just cook up the stock whenever you get a chance! When you're ready to make it, use your biggest pot and add 12-16 cups water to a full gallon freezer bag worth of scraps, and throw in a fresh onion, a few carrots, and as much salt as you would like (1-3T is usually good). Bring to a boil and simmer for an hour.

Freeze in 2 or 4 cup containers, however you are likely to use it.

Alternatively, process in your pressure canner for 20 minutes at 10 pounds pressure weighted gage, 11 pounds dial gage.