

Spicy Carrot Pudding

The inspiration for this recipe was a carrot flan that I saw demonstrated in an Italian cooking class at [PCC](#) a few years back. Our instructor, Sabrina Tinsley is the chef/owner of [La Spriga](#), an outstanding Italian restaurant here in Seattle. Her flan is elegant – my pudding is earthy and spicy, but both are very good. If you are looking for something closer to the original, peel the carrots before you steam them, and omit the jalapeños and cayenne.

Sometimes I serve this pudding right in the ramekins, with a little balsamic vinegar and sometimes I turn it out onto greens, and serve it with a tart salad dressing, as you see in the post photos. If you mix the pudding, bake it, cool and unmold after about 15 minutes, it will hold its shape quite well. But if you wait a few hours to bake, you'll see why I call my version pudding, rather than flan.

2 cups roughly chopped carrots
1/2 cup orange juice
3 jalapeños
1 cup whole milk
3 eggs
Salt, black and cayenne peppers to taste

Preheat the oven to 375 °F. Grease 6 4-ounce ramekins. You'll also need a shallow baking pan which you will set up as a water bath.

Steam the carrots until tender – I do this in the microwave, but you can use your stove top steamer, and add the orange juice in the food processor, if you prefer. Combine the carrots and the juice in a large microwave safe bowl, and cook until tender – using my microwave, this takes about 5 minutes on high power.

Puree the carrots and the juice in a food processor, and add the jalapeños. With the machine running, add the milk and the eggs (one egg at a time). Stop the machine, scrape the sides, taste and add salt and the peppers. Run the machine for a few more seconds, and then taste again and correct the seasoning.

Pour the batter into the ramekins, filling each no more than $\frac{3}{4}$ of the way. Place the ramekins in the baking pan, and fill the pan with warm tap water still it the level reaches about half way up the ramekins. Bake for about 30 min, till the batter is set and the pudding tops are light brown.

Remove the puddings from the oven, and remove each ramekin from the water bath (be careful!), and let cook on a rack for about 15 min. Serve the pudding in the ramekins, or run a knife around the sides of each dish and unmold directly onto a serving plate.