

*Serve as a
flavorful fall
side dish or a
vegetarian
entrée.*



Carrot Cardamom Soufflés in Onion Cups

Yields 12 servings

3 large yellow onions	½ teaspoon sea salt
4 cups chopped, peeled carrots (about 1¼ pounds)	⅛ teaspoon white pepper
1 teaspoon cardamom	8 large egg whites
	cooking spray

Preheat the oven to 375 degrees F. Coat a 12-cup muffin pan with cooking spray.

For the onion cups: Bring a large saucepan of water and 1 teaspoon sea salt to a boil. Fill a medium mixing bowl with ice and water for an ice-water bath.

Remove the skin from the onions and discard. Cut off ¼-inch from the root end and ¾-inch from the top of each onion. Place the onions in the boiling water just long enough for the outer layer of the onion to be cooked, about 2 minutes. Use a slotted spoon to transfer the onions to the ice bath for 30 seconds to stop the cooking process. Remove the onions from the ice bath. Carefully press down on the center of each onion to remove the outer layer. Repeat process to blanch the next outer layer to obtain 12 onion cups. If the onion layer breaks, it is still usable. Use the remaining onion for other dishes.

Add the carrots to the boiling water and cook until very soft, about 10 minutes. Drain in a colander.

Place the carrots in a food processor and purée until smooth. Season with the cardamom, salt and pepper, to taste. Transfer the carrot mixture to a medium bowl.

Place the egg whites in a clean bowl and beat with an electric mixer until stiff peaks form, about 3 minutes. Fold the egg whites into the carrot mixture.

Arrange the onion cups in the muffin pan. If there is a tear in the onion, just overlap the edges. Spoon about ½ cup of the soufflé mixture into each onion cup. Bake for 15 minutes or until the soufflé has set up and is lightly browned.