



Fancy French Carrot Canapé with Ricotta & Feta

By Dylan Sabuco

Prep Time 15 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowl
- ☐ Medium mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Wooden spoon

- ☐ Grater
- ☐ Strainer
- ☐ Whisk
- ☐ Rolling pin (optional)
- ☐ Rubber spatula

Ingredients

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- ☐ Pastry dough:
- ☐ 2 C all-purpose flour ****(for GLUTEN ALLERGY sub 2 C gluten-free/nut-free all-purpose flour)****
- ☐ 1 stick or 1/2 C unsalted butter ****(for DAIRY ALLERGY sub 1/2 C coconut oil OR 1/2 C vegetable shortening)****
- ☐ 1/4 tsp salt
- ☐ 1/4 C cold water
- ☐ Filling:
- ☐ 2 large carrots
- ☐ 1 C ricotta cheese ****(for DAIRY ALLERGY sub 1 C dairy-free/nut-free cream cheese)****
- ☐ 1/2 C feta cheese ****(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free cream cheese + 1 T nutritional yeast)****
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1 tsp honey

Food Allergen Substitutions

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Gluten/Wheat: For 2 C all-purpose flour, substitute 2 C gluten-free/nut-free all-purpose flour.

Dairy: For 1 stick or 1/2 C of unsalted butter, substitute 1/2 C coconut oil OR 1/2 C vegetable shortening. For 1 C ricotta cheese, substitute 1 C dairy-free/nut-free cream cheese. For 1/2 C feta cheese, substitute 1/2 C dairy-free/nut-free cream cheese + 1 T nutritional yeast.

Instructions

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intro

"Bonjour" (BOHN-zhoor) or "Hello" in French! Canapés (kan-uh-PAYS) are small, delicious bread or pastry hors d'oeuvres (appetizers) with savory fillings or toppings. Canapés are a fun treat to share with friends or enjoy all by yourself. You will prepare pastry dough, then combine creamy cheese and crunchy carrots to create a filling with a mouthwatering flavor combination. "C'est délicieuse" (Say day-LEE-see-use) or "It's delicious" in French!

measure + mix

Into a large mixing bowl, measure **2 cups flour**, **1 stick butter**, and **1/4 teaspoon salt**. Then, using a wooden spoon, mix until loosely combined. Finally, add **1/4 cup of cold water** and continue mixing until a ball of dough forms.

scrumptious science

In the above step, you are creating gluten. Gluten is a protein strand that forms when glutamate (a precursor to the gluten in flour) mixes with water. The act of mixing the glutamate and water together causes a reaction that results in the creation of gluten. For a moment, compare gluten to a rubber band in your mind. Both are elastic and stretchy and snap back to their original shape. These qualities are great for making cakes and other pastries. Without gluten (or a substitute), you will find a spongy, fluffy or flaky texture missing from your dish.

knead + shape

Pour all the contents of the bowl onto a clean cutting board or countertop. Dust the dough with any of the remaining flour you poured onto the counter. Then, knead the dough. To knead, you will press the dough with the heel of your hand, then fold the dough in half, rotate 180 degrees and repeat. Continue this process for about 2 minutes or until all the flour is incorporated and the dough is springy.

grate + measure

Next, clean and grate **2 carrots**. Place the carrots into a strainer and squeeze all the excess liquid out of them. Set the squeezed carrots aside for now. Then, in a medium mixing bowl measure **1 cup ricotta cheese**, **1/2 cup feta cheese**, **1 teaspoon salt**, **1/2 teaspoon black pepper**, and **1 teaspoon honey**.

whisk + season

Whisk the mixture of cheeses and honey until well combined and smooth. Take a small taste using a clean spoon. Adjust the flavor to your liking. You can add more honey, salt, or either cheese.

fill + bake

Divide the dough into 12 evenly sized balls. Then, flatten each ball of dough as thinly as possible using

your fingers to pinch the dough or a rolling pin. Finally, press the dough into the wells of a muffin pan, making small cups of dough for your canapés. Fill each shell with 1 heaping tablespoon of the cheese mixture and top it with a large pinch of grated carrots. Bake for 15 minutes or until the dough is golden brown.

edible education

Carrots are an amazing vegetable! Before carrots were orange, they were purple, red, white, and yellow. In the 16th century (after the Middle Ages), Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by crossbreeding pale yellow carrots with red carrots. Carrots are great for your eyes! The color of a fruit or vegetable tells us what nutrients it contains. Orange vegetables and fruits have a particular nutrient called beta-carotene. Beta-carotene was named for the carrot itself! This nutrient converts to vitamin A inside the body, which is good for our eyes! Carrots have the most beta-carotene of any vegetable! They are also good for your teeth! The crunchiness of carrots helps clean the plaque off your teeth and gums, just like your toothbrush! Of course, this doesn't mean eating a carrot at the end of the day can substitute for brushing your teeth! Carrots also have minerals that protect the teeth.

cool + serve

Remove the canapés from the oven when the dough is nicely browned. Cool in the muffin pan for about 2 minutes. Remove the canapés from the muffin pan using a rubber spatula. "Bon appétit" (Bohn AHP-peh-tee) or "Enjoy your meal" in French!

Featured Ingredient: Feta!

Hi! I'm Feta!

"I'm a salty Greek cheese! In Greek, my name means "slice." I'm great on a Greek salad or pizza, go well with olives and pita wedges, and add a wonderful tangy flavor to scrambled eggs!"

Feta goes back to at least the 8th century BCE. Homer writes about the cheese in his epic poem, the "Odyssey."

To be called "feta," a cheese must be produced in Greece and have the correct amount of sheep's milk: 70 to 100 percent. It also must be cured for at least three months in brine.

"Feta" is a legal designation similar to Champagne or Roquefort. Romania, Bulgaria, France, and Denmark, among others, make similar cheeses, but they can't be called "feta."

In the United States, Greek-style "feta" refers to an American-made crumbly, white, brined cheese made from cow's milk.

Feta cheese can be made from the milk of sheep or sheep and goat (no more than 30 percent can be goat's milk).

Feta cheese is about 25 percent fat, of which about two-thirds is saturated.

Feta is high in calcium and vitamin B12.

A 1.25-ounce cube of feta cheese has about 100 calories.

