

Carrotballs

(Καρότοκεφτέδες)



Ingredients

- 1kg / 2lb carrots
- 1 onion
- 2 cups breadcrumbs
- 1/4 cup olive oil
- 2 tbsp dried oregano
- 3 tsp minced garlic
- 2 tsp turmeric
- 1 tsp salt
- 1 tsp pepper

- 1 tsp fennel seed

Method

1. Preheat oven to 200C / 400F.
2. Peel and slice the carrots to about 1", then toss with olive oil, garlic, turmeric, salt, pepper, and fennel.
3. Place in a single layer on a baking tray and cover with aluminium foil. Bake for 30-40 minutes. Set the bowl aside but don't wash it.
4. Return the carrots to the bowl along with finely-chopped onion, oregano, and breadcrumbs, and blend with a stick blender.
5. Refrigerate for at least one hour, or up to five days.
6. Roll into golfball-sized balls and bake for 30 minutes at 180C / 350F.

Notes

Makes 20-24 carrotballs.

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