

# Silky Smooth Carrot Purée



**Serves 5**

**Prep 10 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

450g carrots, peeled and ends removed

240ml water

4 tbsp unsalted butter

1 tsp sea salt or to taste

1-2 tbsp lemon juice, to taste

1. Thinly slice the carrots crosswise 6 mm thick
2. In a medium saucepan, place the carrots, water, butter and salt. Cook over high heat just until it starts to boil. Reduce the heat to low, cover, and continue to cook until the carrots are tender and soft - about 20 mins. Make sure to cover the carrots because we don't want the water to evaporate.
3. Once the carrots are soft and tender enough so you can mash with a fork, transfer them to a blender with a slotted spoon. There should be at least 240ml of liquid left in the pan. Start by adding 120ml of it to the blender along with 1 tbsp of lemon juice.
4. Blend until smooth. If you need more liquid to get it going, add the remaining cooking liquid. Taste and season. Add more lemon juice to taste. There is a difference in acidity between bottled and fresh lemon.