

Winter Investiture
Copper Spoon –Sweets and Treats
A.S. XXXVI

Carrot Candy

Source: Diego Granado, *Libro del Arte de Cozina* (Spain, 1599)

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Zanahoria Rallada – *Grated Carrot*

You must clean the carrot of its peel, and then wash it, and grate it with a knife. And set it to cook in a kettle of water which has first been brought to a boil, and cook it a little while, and then set it aside and squeeze it. And have clarified honey and cast the carrot into it, and let it cook slowly, until it absorbs the syrup. And cast in the pinenuts. And it must be one azumbre of honey to six pounds of carrots, and when they are cooked cast in a little cinnamon, and ginger. And cast them into your box, and if you must decorate it, it must be with pinenuts.

Carrot Candy

1 1/2 pounds carrots

1/2 liter honey

1 cup pinenuts

1 teaspoon ground cinnamon

3/4 ground ginger

Wash and peel the carrots, then grate them finely. Boil them in water until tender.

Remove from fire and set to the side to cool. When cool, squeeze out as much liquid as you can from the carrot pulp. The drier you get it, the better.

Clarify the honey over a medium flame, skimming the top scum off as it cooks.

When you have the honey clarified, add the carrots and cook the syrup slowly until all of the honey is absorbed and it starts clumping. This will usually take 45-60 minutes.

When this is done, remove from heat and add the pinenuts. Stir well. Then add the spices and stir again.

Spread the candy out on wax paper and let it cool.

When it was cool, I formed the candy into balls. If you leave the balls exposed to air for a couple of days, they will form a slight crust, which makes them less messy.

In Medieval Spanish cooking, an “azumbre” is equivalent to about 2 liters. Thus 1 azumbre of honey to 6 pounds of carrots equals 1/2 liter of honey to 1 1/2 pounds of carrots. You can obviously adjust the amount of nuts and spices to taste, as they specified no particular amount.

I used a food processor to grate the carrots. I probably could have cooked them a bit longer, though. I think that a slightly “squisher” carrot would be good with the candy and help with the texture.

I think next time I do this, I will cook down the honey a bit more, too. Even though the candy has been exposed to air for about 6 days, it’s still a bit sticky.