

## Carrot Pillows

Makes: 16–22

### Ingredients

3 cups water  
1½ medium carrots\*, peeled and cut into chunks (about 1 cup)  
½ cup lukewarm water  
1 tablespoon active dry yeast  
1 teaspoon honey  
4 tablespoons olive oil  
2 tablespoons water from cooked carrots (or plain water)  
1 tablespoon honey  
3½ cups unbleached white flour  
1 teaspoon sea salt  
1 egg (for egg-wash)  
Sesame and/or poppy seeds, or dried dill

### Instructions

Preheat oven to: 350°.

Bring 3 cups water to a boil. Add 1½ cut carrots, lower heat and simmer until carrots are soft (about 10 minutes). Drain and save water. Let carrots cool to room temperature for 10 minutes, then blend them in a blender or mash by hand.

While carrots are cooling, mix ½ cup lukewarm water, 1 tablespoon active dry yeast and 1 teaspoon honey in a small bowl. Let foam for 5–10 minutes.

In a large bowl, mix 4 tablespoons olive oil, 1 cup cooked and mashed carrots, 2 tablespoons water from cooked carrots (or plain water) and 1 tablespoon honey.

Add yeast mixture to carrot mixture. Combine ingredients thoroughly.

Place 3½ cups unbleached white flour and 1 teaspoon sea salt in an electric mixer. Add carrot/yeast mixture and combine, using the paddle. Add ¼ cup more flour if needed.

If using an electric mixer, after mixing all ingredients, change to bread hook and knead on low speed for 10 minutes. If kneading by hand, place dough on floured surface and knead for 10 minutes.



Place dough in an oiled bowl, cover and let rise for 40 minutes. Punch down and roll the dough to  $\frac{1}{3}$  inch thickness. Cut into approximately 3-inch triangles, and place on an oiled baking tray. Leave about  $1\frac{1}{2}$  inch space between pillows (to allow them to expand and to keep pillows from sticking to each other). Cover and let rise for 15-20 minutes or until doubled in size.

Brush with egg-wash, sprinkle with sesame and/or poppy seeds, or dried dill weed (optional) and bake for 10-15 minutes, or until golden.

\* Variations: replace carrots with yams, winter squash, or potatoes.

