

Carrot Cashew Miso Spread

EVERY WEEKEND AT THE FARM, my friend Kathy sells her incredible sourdough breads and they are impossible to resist. I created this recipe especially to go with her delicious rustica bread . . . after all, a girl can eat only so many loaves of bread dipped in extra virgin olive oil! As it turns out, I like this spread every bit as much on crackers, on a piece of toasted rice bread, or in a tofu and sprout sandwich.

2 large carrots
3/4 cup raw cashews
1 cup vegetable stock
2 tablespoons light miso
Toasted ivory and/or black sesame seeds

Peel carrots and discard dry ends. Chop into 1/2-inch pieces and place in pot with cashews and stock. Turn heat to high and bring to boil. Reduce heat to medium and cook until carrots are cooked through (about 10 minutes). Remove from heat and, using slotted spoon, scoop carrots and cashews into food processor. In separate bowl, measure out 1/4 cup of cooking liquid and dissolve miso in it. Add to bowl with carrots and process until smooth. Serve topped with sesame seeds, or refrigerate in airtight container for up to 4 days.

MAKES about 1 1/2 cups

RECIPE BY TERRY WALTERS, from *CLEAN START*