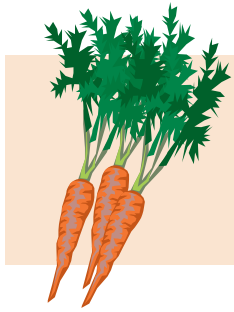


Recipes from the Ridge

by
**Jane
Wilkinson**

Crazy for Carrots

Our dogs have always loved carrots! They even try to dig them up from the garden in the fall. So carrots are a staple in my fridge year-round. If you are tired of the same old recipes using carrots, here are some fresh ideas —for you or your dogs!



Honey-Roasted Veggies

- 1 sweet potato, peeled & cubed
- 1 turnip, peeled & cubed
- 2 parsnips, peeled & cut in lg. chunks
- 3 carrots, peeled & cut in lg. chunks
- 1/4 cup honey (any flavor)
- 2 T. olive oil



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1/2 t. salt
3 shallots, peeled & halved
Preheat the oven to 450 degrees. Combine all the ingredients and toss to coat thoroughly. Spray a rimmed-baking sheet with cooking spray and place the vegetables on it in one layer. Roast for 35 to 40 minutes or until golden. Stir a few times during roasting. Serves six.

Spicy Carrot Salad

- 1 1/2 lbs. carrots, sliced
 - 1/2 t. cumin
 - 1 T. sweet paprika
 - 1/4 cup fresh cilantro, chopped
 - 2 t. olive oil
 - 1/2 t. pepper
 - 1/4 t. salt
 - 1/4 t. ground red pepper (or a few red pepper flakes)
 - 1 garlic clove, minced
 - 1/4 cup crumbled feta cheese
- Cover the carrots, cumin and paprika with water and boil for about five to six minutes. Combine all of the ingredients and sprinkle with feta cheese. Serve warm or cold. Serves four.



Guinness Stew

- 1 1/2 lbs. chuck steak (boneless)
- 1/2 t. pepper
- 1/2 t. salt
- 1 T. olive oil
- 1 onion, sliced
- 2 carrots, sliced
- 3 cups beef broth
- 1 t. brown sugar
- 1 t. fresh rosemary, crumbled
- 8 oz. mushrooms, sliced
- 2 garlic cloves, chopped
- 1 bay leaf
- 1 bottle (or can) Guinness Stout beer

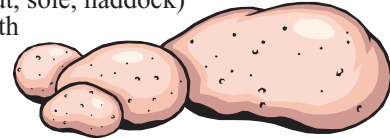


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Sprinkle the meat with the salt and pepper, and cut into bite-sized pieces. Heat the olive oil, brown the meat, and then remove from the heat. Add the onion, carrots, beef broth and sugar to the pan. Bring to a boil and scrape the brown bits from the bottom of the pan —cook on low heat for 10 minutes. Return the beef to the pan along with the rosemary, mushrooms, bay leaf and garlic —cover and cook for 20 minutes. Add the beer and cover —cook for 45 minutes on low heat.

Poached Supper

- 2 potatoes, sliced
 - 8 oz. baby carrots
 - 4 fish fillets (halibut, sole, haddock)
 - 2 cups chicken broth
 - 1/2 t. paprika
 - 1/4 t. fennel
 - 1/4 t. salt
 - 1/4 t. pepper
 - Dash thyme
- In a large skillet, cook the potatoes and carrots in the broth. Sprinkle the fish with the seasonings in one side only, place in the hot liquid and bring to a boil. Cover the pan and then reduce the heat to simmer —cook until the fish flakes, about six to 10 minutes.

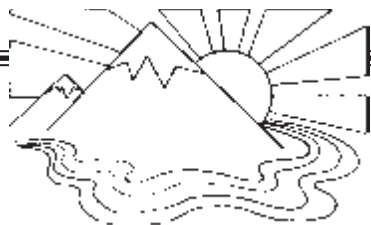


Sweet & Sour Baby Carrots

- 2 lbs. carrots, cut into chunks
 - 1 T. olive oil
 - 1/4 t. salt
 - 1/4 t. pepper
 - 1/4 cup red wine vinegar
 - 1 1/2 T. sugar
- Preheat the oven to 425 degrees. Toss the carrots in oil, salt and pepper in a deep baking dish. Roast for 20 minutes —until barely tender. Leave oven on. Dissolve the sugar in the vinegar and then drizzle over the carrots —toss to coat. Roast for 10 minutes more or until the carrots are tender and the vinegar evaporates.



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Town of Carrabassett Valley Notice of February 20th, 2009 Public Hearing Plans for New Library/ Community Center Building

The New Library Committee will hold a public hearing at 6:30 p.m. February 20th, 2009 at Carrabassett Valley Academy for the purpose of presenting the latest building design for the proposed new Library/Community Center. In addition, the Committee will present the latest financial information regarding this proposed project (construction costs, fund raising and financial request to the Town). A representative of Western Maine Centers for Children (an existing non-profit corporation which proposes to rent space in this building for child care services) will also make a brief presentation. This will be followed by an opportunity for questions and public comments. This project will be voted upon at the annual Town Meeting on March 11th.

This public hearing on Friday, February 20th (during vacation week) will hopefully provide a good opportunity for non-resident Carrabassett Valley taxpayers to become familiar with the project and to add input and suggestions.

A similar public hearing will also be held at 6:30 p.m. March 4th at the Town Office.

For the latest information on this project please log onto the Town's website (www.carrabassettvalley.org).

Interested Carrabassett Valley citizens and property owners are encouraged to attend.

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