

CARROT KUGEL

While many carrot kugels are really carrot cake in disguise, this Carrot Kugel has a definite kugel quality about it. The flavor of this honey-sweetened kugel is dominated by carrots and complemented by lemon rind. The egg whites add a light touch. Bake the kugel in loaf pans, muffin pans or a bundt pan.

Ingredients:

- 8 medium carrots, shredded
- 4 eggs, separated
- 1/2 cup oil
- 1 cup honey
- 2 tsp. vanilla
- 4 tsp. grated lemon rind
- 2 cups all-purpose flour (or whole wheat)
- 1 tsp. baking powder

Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease either loaf pans, muffin pans or a bundt pan.
3. Shred carrots finely in food processor.
4. Separate eggs. Set the egg whites aside.
5. To the carrots, add the egg yolks, oil, honey, vanilla and lemon rind.
6. In a separate bowl, mix flour with baking powder. Add the flour mixture into the kugel batter.
7. Beat eggs whites until stiff.
8. Fold egg whites into kugel batter.
9. Pour kugel mixture into greased pans.
10. Bake 20-25 minutes if muffin pans used, 35 minutes if loaf pans used, or 45 minutes if bundt pan used.

VARIATION: Add 1/2 cup golden raisins.

SERVING SUGGESTIONS: Serve warm or at room temperature.

TIP: This recipe freezes well.