



Keeping the carrots' skin on boosts nutrients and flavor.

Charred Carrots

SERVES 4

- 5 bunches rainbow baby carrots
- $\frac{1}{3}$ cup coconut oil, melted
- Sea salt (preferably Real Salt)
- 1 cup hazelnuts
- 2 avocados
- 1 lime, juiced and zested
- 1 tablet activated charcoal (optional)
- 2 tbsp extra virgin olive oil
- 1 bunch cilantro
- Optional garnishes: 1 head romanesco, passion fruit

- 1 Preheat broiler. Cut off the carrot tops, leaving $\frac{1}{4}$ -inch stem; reserve the tops for garnish. Clean the unpeeled carrots with water and sponge, dry gently and toss with coconut oil to coat, about 3 tablespoons. Season with sea salt and arrange on a large rimmed baking sheet in a single layer. Broil until charred, about 5 to 8 minutes, turning midway through. Set aside.
- 2 If using the romanesco, quarter the head with stem and leaves intact. Toss with coconut oil to coat, and season with sea salt. Broil until charred, about 8 to 10 minutes, tossing midway through cooking. Allow to cool, then cut into florets and reserve.
- 3 Preheat the oven to 325 degrees. Toss the hazelnuts with coconut oil to coat. Bake until golden brown, stirring occasionally. Cool, then chop the hazelnuts and set aside.
- 4 Cut each avocado in half; remove seeds and reserve. Cut the halves into quarters and take off the inedible skin. In a blender, puree the avocados with most of the lime juice, a pinch of salt, the activated charcoal and the olive oil until smooth.
- 5 For each plate: Spoon on the avocado puree, then arrange a few pieces of the romanesco, if using. Stack the carrots, with a few ends turned vertically. Garnish with a few pieces of the carrot top. Drizzle with lime juice and sprinkle a small amount of the zest. Using a microplane or fine box grater, grate 3 to 4 strokes of the avocado seed. Finish with chopped cilantro.

SCRAPPY THINKING

Chef **Marcel Vigneron** schools *Us* on sustainable cooking and shares his favorite zero-waste recipe



Washington state native **Marcel Vigneron** grew up highly aware of how humans impact the environment. Earth Day (April 22) “was always a big deal,” says the chef. At his L.A. restaurants, Wolf and Beefsteak, he focuses on plant-based cooking that utilizes all parts of the ingredients — which saves money, keeps the planet healthy and shows respect for the products and farmers. “Your food tastes better too,” notes the *Top Chef* alum. “It’s a win-win.”