CARROT FREESIAS

Choose young, tender carrots and peel thinly. Hold the carrot, pointed end down. Using a sharp knife, make a cut toward the point of the carrot to form a petal. Take care not to slice all the way through. Repeat cuts around the carrot to make a four-petalled flower.

Angle the knife slightly, then apply a little pressure to separate the flower from the carrot. For the first few flowers it may be necessary to ease every petal this way, but after a little practice, the flowers will come away easily with a twist of the knife.

When the flower breaks away, continue to make more. A cluster of freesias, as shown above, makes an appealing garnish. To improve the color, drop carrot flowers into boiling water; boil 1 minute, then drain and rinse well under cold running water.