



Carrot Muffins

K-Paul's Louisiana Kitchen

416 Chartres Street New Orleans, LA 70130 504-596-2530

Opened 1979 K-Paul's is located in a refurbished & expanded historic house, originally built in 1834. This quintessential Cajun/Creole restaurant in the heart of the French Quarter overwhelms with southern charm. Balcony or courtyard dining sets the mood for a delightful culinary experience. Chef Paul Prudhome has been honored around the world by numerous culinary and humanitarian organizations. Blackened Redfish became his national signature dish during the 1980's.

3 ½ cups carrots, grated
2 ⅔ cups dark brown sugar
2 ⅓ cups sugar
¼ cup cinnamon
½ Tbsp salt
1 ⅔ cup pecans, roasted
1 ¼ Tbsp baking powder
5 ⅓ cups flour
2 cups milk
5 eggs
1 ½ cups butter, melted
⅓ cup vanilla

Melt butter.

In large bowl, mix carrots with ½ cup of brown sugar & set aside.

Measure all dry ingredients & put into mixing bowl with paddle & blend.

Measure out wet ingredients & place into bowl blending butter in last.

Spoon into muffin tins & bake in a 375° oven for 14-17 minutes till spongy feel.

Yield: 48 muffins

As always, Bon Appetit!