Carrot-Orange Olive Spread with Rye Soldiers

8 appetizer portions of spread, roughly 100-110 g each, plus 24 rye soldiers, 3 per portion | Active 45 min | Cook 35 min | Total 215 min

Ingredients

- 450 g carrots, washed, peeled and trimmed, cut into 1 cm pieces
- 250 g ready-to-eat canned white beans, drained and rinsed
- 60 g ready-to-eat pitted black olives, drained and finely chopped
- 80 ml pasteurized orange juice
- 40 g tahini
- 25 ml lemon juice
- 30 ml olive oil, divided
- 4 g fine salt
- 2 g ground cumin
- 1 g garlic powder
- 240 g rye-and-wheat bread, 8 slices of 30 g each, approximately 10 × 9 × 1 cm

Set out

Digital scales, Knife and board, Two baking trays with usable flat areas of at least 40 × 30 cm, Oven with two usable shelves for the stated timing, Food processor with at least 1.5 L usable capacity, Spatula, Two shallow lidded containers of at least 600 ml each, Airtight box for 24 toast strips, Serving bowl and spoon, Food thermometer, Ice-packed cooler

Allergens

Wheat, Sesame. Check labels and substitutions.

Make it

1. Heat the oven to 400°F (200°C). Toss the carrots with 20 ml oil, 2 g salt and all the cumin. Spread on one tray and roast for 30-35 minutes, stirring once, until tender all the way through and browned at the edges.

2. Cut each weighed bread slice into three long strips, making 24 soldiers. Brush with the remaining 10 ml oil, using all of it, and arrange on the second tray. Bake on the other shelf for the final 8-10 minutes of the carrot cooking time, turning once, until dry and crisp. Watch closely rather than letting the edges burn. With one shelf, toast after the carrots and add 10 minutes.

3. Cool the carrots and soldiers separately for about 20 minutes. Process all the carrots, beans, orange juice, tahini, lemon juice, garlic powder and remaining 2 g salt until spreadable, scraping the bowl. Fold in all the chopped olives by hand.

4. Divide the spread between the two shallow containers. Cover and refrigerate for at least 2 hours, until 40°F (4°C) or colder. Close the completely cooled soldiers in their separate dry box.

5. At the gathering, put the spread in the serving bowl and set out the 24 soldiers. Divide the whole spread into eight equal portions, roughly 100-110 g each, with three soldiers per portion. Do not add olives, orange wedges or herbs on top.

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Bring it

Carry the covered spread in the cooler, with the dry toast box outside it if protected from condensation. Bring the serving bowl and spoon; label the two parts as one eight-portion kit. Keep at 40°F (4°C) or colder in an ice-packed cooler and at the gathering. Count all time out of cold control during packing, transport and display together: no more than 2 hours, or 1 hour above 90°F (32°C).

Finish at the gathering

Ready to serve cold in about 3 minutes. The host needs only table space; no oven, blender, bread or garnish is required.

Make it yours

Use the orange-olive contrast for a winter lunch, an all-year housewarming or a shared soup supper. It is an appetizer kit rather than a substitute for the host’s whole meal.

Ingredient labels

Tahini supplies Sesame; the bread contains Wheat and rye, a gluten-containing grain. Check bread and olive labels for additional ingredients and allergens. The seed-butter variation requires a new label check.

A useful detail

The 215-minute plan allows 25 minutes to prepare, 35 to roast with the toast on a second shelf, 20 to cool, 10 to process, 120 to chill and 5 to pack. Active work includes tray handling. The final spread weight varies with carrot moisture loss; serve eight equal portions rather than discarding food to hit an estimated gram yield.

Another way

Replace the 60 g black olives with 60 g ready-to-eat pitted green olives, drained and chopped. The flavor will be sharper and the count stays the same.

Replace the 40 g tahini with 40 g smooth unsweetened sunflower-seed butter. Check its label and update the allergen information; do not assume it is free of sesame cross-contact.

Keep it well

Refrigerate the spread for up to 3 days. Keep cooled rye soldiers separately airtight in a cool, dry place for up to 2 days; they soften if packed against the spread.