



Moroccan Salad with Carrots and Black Lentils

Morocco

1/2 cup French black lentils
1/4 teaspoon salt
2 thick carrots, peeled
2 Tablespoons minced chives
2 teaspoons cumin seed
2 teaspoons anise seed
2 teaspoons black sesame seeds
1 teaspoon ground ginger
1 teaspoon paprika
1/2 cup fresh lemon juice
1/4 cup olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 shallot, minced or 2 Tablespoons minced sweet onion

Cook lentils covered with boiling water for 15 minutes; add salt; continue cooking for 5 more minutes or until tender but still a little firm. Drain; set aside to cool.

Cut the peeled and trimmed carrots with a spiral or turning slicer to form curly spaghetti like strands. Place in large bowl with minced chives.

Prepare the salad dressing. Cook cumin seed, anise seed, and black sesame seeds in hot 10 inch skillet for about 2 minutes and fragrant. Place the seeds in narrow mixing bowl. Add ginger, paprika, and lemon juice. Whisk in olive oil; season with salt and pepper. Add minced shallots.

Add the lentils to the carrots. Toss with dressing. Garish the salad with short strands of chives or tarragon leaves. Yield: Serves 6 to 8

Cook's Note: For a smaller serving, half this recipe I used black sesame seeds but regular sesame seeds can be substituted.

About the Recipe: A Moroccan salad with curly spaghetti carrots, teamed with black lentils and a lemon dressing explode with flavorful cumin, anise, sesame seeds, paprika, and ginger. Using fragrant spices, herbs, and flower water transforms simple recipes into true feasts.

About the Country: The northern provinces of the Mediterranean, the fertile plains of the center, urban industrial coastal areas, rural areas, and the desert provinces in the south offer a rich combination of tradition and modernity. It's Expo theme is a wonderful journey of flavors.