



Tunisian Carrots

Sweet fresh carrots laced with herbs and North African spices

- 2 pounds carrots, washed, trimmed
- 1/2 Tablespoon cumin seeds
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon ground cumin
- 1 Tablespoon sweet paprika
- 1 teaspoon salt
- 3 large garlic cloves, minced
- 1/4 cup olive oil
- 1 Tablespoon lemon juice
- 2 ripe pears, cored, chopped, optional
- 1/3 cup chopped parsley or cilantro

Cook Carrots: Peel the carrots if desired. Cut carrots in half; place in large pot with water. Bring the water to boiling over medium heat; cook for 7 to 10 minutes or until carrots are soft but not mushy. Smaller carrots might cook in 5 minutes. Drain water; place carrots on paper towels to dry. Slice cooled carrots into ½ to ¾ inch pieces. Place in medium sized bowl. Set aside.

Prepare Spices: Coarse crush cumin seeds and coriander seeds; place in small bowl. Stir in ground cumin, paprika, salt, and garlic. Place oil in skillet; cook until hot; add combined spices; cook for a couple of minutes to allow flavors to infuse.

Toss Carrots with Oil: Add spiced oil and lemon juice to the carrots in the bowl; toss together to coat; season as desired; toss in chopped pears, (if desired,) to coat with seasoning. Before serving, toss in chopped parsley or cilantro. Serves 4 to 6 Can be served warm or chilled.

Recipe adapted from: Chef Shimi Aaron

Cook's Note: For a stronger spice flavor, the original recipe doubled the ingredient amounts. I halved the spices and added a sweet pear for a contrasting sweet flavor addition.

About the Recipe: The carrots can be served as a starter, salad, or side dish. The spicy flavor is unique with lots of cumin and paprika. Shimi told us that this dish was popular and kept in the refrigerator for a quick snack in his house. It's very easy to make and adjust the spices as desired. Some people enjoy adding some ground red pepper for additional heat.

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