

Farm Carrots with Cumin, Caraway, & Lime

Planter's Potluck | March 2006



Make carrot juice in a juicer or buy refrigerated juice at your local market.

- 1 TBSP. CUMIN SEEDS
- 1 TBSP. CARAWAY SEEDS
- 1 TBSP. MUSTARD SEEDS
- ³/₄ CUP CARROT JUICE
- 2 TBSP. BUTTER
- 2 LB. PEELED ORANGE AND/OR YELLOW CARROTS, CUT INTO JULIENNE STRIPS
- 2 TBSP. OLIVE OIL
- JUICE FROM 1 LIME
- SALT AND GROUND BLACK PEPPER
- 1 TBSP. CHOPPED FRESH HERBS, SUCH AS CILANTRO OR ITALIAN PARSLEY

Heat a large skillet over medium heat. Add cumin, caraway, and mustard seeds to dry skillet. Cook and stir until seeds are toasted and begin to pop, about 3 to 4 minutes. Carefully add carrot juice. Bring to boiling; reduce heat and simmer until mixture is reduced by three-quarters, about 4 minutes. Add butter to carrot reduction; heat and stir just until melted. Strain; discard seeds. Keep mixture warm.

In the same skillet cook the carrots in olive oil over medium heat 15 to 18 minutes or until carrots are tender, turning occasionally. Add carrot juice reduction. Stir in lime juice, and salt and pepper to taste. Sprinkle with herbs. Makes 8 to 10 servings.