

CARROTS, CURRY AND CORIANDER

EQUIPMENT

PEELER, PARING KNIFE, SMALL SAUCEPAN, PAPER TOWEL, SMALL JUG, THERMOMETER

INGREDIENTS

1 BUNCH OF DUTCH CARROTS, 50ML VEGETABLE OIL,
5GM MILD CURRY POWDER, SALT, CHOPPED CORIANDER

METHOD

PLACE OIL IN A SMALL SAUCEPAN AND HEAT TO 70 DEGREES REMOVE FROM HEAT AND ADD CURRY POWDER, SET ASIDE

PUT CARROTS IN A SHALLOW TRAY, SEASON AND STEAM AT 100 DEGREES FOR 12MINS

PASS OIL THROUGH PAPER TOWEL INTO A JUG

REMOVE CARROTS FROM OVEN, DRESS WITH OIL, SEASON WITH A LITTLE MORE SALT AND MIX THROUGH CHOPPED CORIANDER

PLATE UP AND SERVE

HINTS & TIPS

- MAKE SURE THE TEMPERATURE OF THE OIL DOES NOT GET ANY HOTTER THAN 70 DEGREES ANY HOTTER WILL BURN THE CURRY POWDER
- FOR A LITTLE EXTRA KICK ADD SOME HARISSA PASTE TO THE OIL
- LEAVE A LITTLE OF THE TOPS ON CARROTS IT HELPS WITH PRESENTATION