

Carrots with Spiced Butter Sauce

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Carrots are steamed until tender in this recipe, then tossed with a simple buttery sauce flavoured with cinnamon, garlic, cumin, thyme and lemon.

Ingredients:

900g carrots
50g butter
5 tbsp. oil
1 tsp. salt
1/2 tsp. each black pepper, cinnamon and cumin
3 garlic cloves
1/2 tsp. dried thyme leaves
1 bay leaf
1 tsp. lemon juice

Directions:

1. Slice the carrots and place into a pan of boiling salted water. Simmer until tender and drain, reserving 125ml of the water.
2. Meanwhile, heat the oil over a low heat in a large frying pan. Mince the garlic cloves. Add the salt, pepper, cinnamon, cumin, garlic, thyme and bay leaf to the frying pan. Cook over a fairly low heat until fragrant and golden but not burned. Add the 125ml cooking liquid, stir together and simmer for 10 minutes or until thickened over a very low heat.
3. Melt the butter into the sauce. Add the cooked carrots and toss to combine, then serve immediately with any extra sauce drizzled over.

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