

# US Military Family World Cookbook Project

Peace At The Dinner Table    Good Food Has No Borders!

<https://militaryfamilycookbook.gimemories.com/>

## Algerian Carrots

<https://militaryfamilycookbook.gimemories.com/viewtopic.php?t=323>

### Algerian Carrots

by **Chowhound**

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2 1/2 lbs carrots, peeled and sliced  
1/2 teaspoon hot sauce  
2 tablespoons light olive oil  
3 garlic cloves, sliced thinly  
1 lemon, juice of  
2 teaspoons cumin seeds, toasted  
1/2 teaspoon sugar  
1/2 teaspoon salt  
2 tablespoons mint, finely chopped

Steam the carrots in a steamer basket for about 5 minutes, or until barely tender. Reserve 5 tbsp of the cooking water. Meanwhile, toast the cumin seeds in a dry skillet just until they release their fragrance. Set aside. In a pot that will be large enough to hold the carrots, saute the garlic in the oil for about 1 minute. Add the 5 tbsp of carrot cooking water, the hot sauce, lemon juice, cumin seed, sugar and salt. Mix well. Add in the carrots, partially cover and cook over med-low heat until the carrots are tender and the liquid has reduced, approximately 10 minutes. Do not let it dry out completely. Stir in the mint leaves and serve immediately.