

US Military Family World Cookbook Project

Peace At The Dinner Table    Good Food Has No Borders!
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Algerian Carrots

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Algerian Carrots

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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.