

Steamed Carrots w/ Cumin & Walnut Oil

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

Batonnet is a small, stick-like knife cut which measures 1/4" x 1/4" x 2" -inches.

Step 1: Toasting the Seeds

- 1/2 tsp cumin seeds

To toast the seeds, heat a small fry pan over low heat. Add the seeds and cook until fragrant. Once done, remove them from the pan and set aside.

Step 2: Prepping & Steaming the Carrots

- 6 to 8 large carrots
- pinch sea salt

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

First wash and peel the carrots. To practice your knife skills, cut the carrots into batonnet (approximately 1/4" -inch x 1/4" -inch x 2" -inches). Save any large scraps for making stock.

Place the carrots into a steamer basket and sprinkle with a pinch of salt. Place over the simmering water. Cover with a lid and let steam, about 5 minutes or until just cooked through.

Step 3: Assembling the Dish

- 2 tbsp flat-leaf parsley
- 1/2 fresh lemon
- 2 to 3 tbsp walnut oil (or extra-virgin olive oil)
- sea salt, to taste
- freshly ground black pepper. to taste

While the carrots are steaming, gather the lemon and oil. Roughly chop the parsley.

Once the carrots have finished cooking, transfer them to a large bowl. Squeeze the lemon juice over top and drizzle with the oil. Gently toss to coat. Add the cumin seeds and sprinkle with a bit of salt and pepper to taste. Add the parsley and toss again. Transfer to a serving bowl and serve.