



Algerian Carrot Salad

Serve with

Joseph Phelps Vineyards Sauvignon Blanc

Joseph Phelps Vineyards Viognier

Serves 6 as a main course

3 Garlic cloves
1 Tbsp. Extra virgin Olive Oil
1 lb. Carrots
1/8 tsp. Salt
1/8 tsp. Sugar
1 Tbsp. Fresh lemon juice
¼ tsp. Salt
¼ - ½ tsp. Cayenne pepper (depending on taste)
¼ tsp. Cumin seed, ground with mortar and pestle
1 – 2 Tbsp. Chopped fresh flat leaf parsley leaves

1. Peel and thinly slice garlic.
2. Peel carrots and cut into attractive bite-sized pieces.
3. Heat olive oil over medium heat in a heavy-bottomed pan large enough to hold carrots.
4. Add garlic slices and sauté briefly until fragrant.
5. Add carrots and stir to combine.
6. Then add 1/8 tsp. salt and 1/8 tsp. sugar plus enough water to cover carrots.
7. Bring to a boil, then cover and simmer until carrots are crisp tender (not soggy or fully-cooked; probably no more than 8 minutes).
8. Drain and rinse in cold water to stop the cooking.
9. Toss with lemon juice, salt, cayenne pepper, cumin and garnish with parsley.