

MOROCCAN COOKED CARROT SALAD

(adapted from Mediterranean Fresh)

1/2 cup mixed citrus dressing (recipe follows)
1/8 tsp cayenne pepper
1/2 tsp toasted cumin seed, ground
2 Tbs sugar
1 pound carrots
salt to taste
fresh parsley, minced



Mixed citrus dressing

Whisk together all these ingredients:

1/2 cup olive oil
zest of 1 orange
1/4 cup freshly squeezed orange juice
2 Tbs fresh lemon juice
1/2 tsp sugar, if needed (I omitted)
salt and pepper

To make the salad:

Toast whole cumin seeds using a small non-stick skillet over medium heat, moving them constantly to avoid burning. Let them cool slightly, and grind them. Mix the citrus dressing with the spices and sugar.

Peel the carrots and cut in thin slices. Cook in boiling salted water for 5 minutes, or until they start to get tender, but do not overcook. Drain and toss with the dressing. Adjust the seasoning, and add minced parsley just before serving. Serve warm or at room temperature.