
Roasted Carrots With Mint Yogurt

1 lb. rainbow carrots
1 shallot
1 bay leaf
1 tsp. salt
1 tsp. coriander seeds
1 tsp. smoked paprika
1 tsp. garlic powder
1 tsp. sugar
Toasted pistachio
Fresh dill
2 cups Greek yogurt or sour cream
1/2 white onion
Small chunk of peeled ginger
1/2 bunch of mint leaves (no stems)
1/2 bunch of cilantro
1 jalapeno
Salt to taste
Lime juice to taste

❶ Make a rub with the salt, coriander seeds, smoked paprika, garlic powder and sugar and set aside in a small dish.

❷ In an oven safe pan place the carrots, shallot, bay leaf and 1/2 of the carrot rub. Cover with water, wrap with parchment paper and foil and bake at 350 degrees for 2 hours or until the carrots are soft when you poke them with a fork. Let cool completely.

❸ Slice the carrots in half and season with olive oil and a little more of the rub. Roast or broil the carrots until desired char.

❹ For the mint yogurt, blend the white onion, ginger, mint leaves, cilantro, jalapeno, salt, honey and lime juice and then pour into a bowl and add the Greek yogurt or sour cream. Mix well.

❺ For plating, smear a nice amount of the yogurt onto a plate, layer the carrots on top and finish with toasted pistachio and fresh dill.