

Carrot Confit And Baked Lemons

Servings: 4

Source: Food & Wine, March 2001

Ingredients

- 1 cup Fresh Orange Juice
- ¼ cup Olive Oil
- 1 teaspoon Orange Zest, finely grated
- 1 teaspoon Cumin Seeds
- 1 teaspoon Minced Garlic
- Salt
- 1 lb. Medium Carrots
- 1 teaspoon Fresh Lemon Juice
- 2 Lemons
- 4 teaspoons Sugar

Method

For the carrots:

In a medium skillet, combine the orange juice with ¼ c. olive oil, the orange zest, cumin seeds, garlic and a generous pinch of salt and simmer over moderate heat for 3 minutes. Reduce the heat to low and add the carrots, then cover and cook until the carrots are very tender but still hold their shape, about 45 minutes. Transfer the carrots to a plate and keep warm. Increase the heat to high and simmer the sauce until reduced to a syrupy glaze, about 3 minutes. Remove the skillet from the heat and stir the lemon juice and 1 tbsp of olive oil into the orange sauce.

For the lemons:

Preheat oven to 450°F. Cut end off lemons and slice in half crosswise. Stand the lemon halves on their ends in a small ovenproof dish. Sprinkle each lemon half with 1 tsp. sugar and bake for about 20 minutes or until the sugar is melted and the lemon pulp is soft. Remove the dish from oven and cover the lemons with foil to keep them warm.

These two things are great with fish. Can be garnished with cilantro.