

Spicy Carrot Puree With Garlic Yogurt

Servings: 6

Source: Seattle Times, Wednesday, July 30, 2003

Ingredients

- 4 large Carrots (approx 1 Lb)
- $\frac{3}{4}$ teaspoons Ground Cumin, Divided
- $\frac{3}{4}$ teaspoons Kosher Salt, Divided
- $\frac{1}{2}$ teaspoon Cumin Seeds
- 1 teaspoon Caraway Seeds
- 2 Olive Oil
- 1 teaspoon Fresh Lemon Juice
- $\frac{1}{4}$ teaspoon Cayenne Pepper
- 1 cup Plain Yogurt
- 2 medium Garlic, Minced
- 1 Olive Oil
- 1 Fresh Lemon Juice
- $\frac{1}{2}$ teaspoon Kosher Salt
- 3 Fresh Mint, Coarsely Chopped
- Pita Chips, Toasted
- Olives, Cherry Tomatoes

Method

1. To prepare the carrot puree: Peel and dice carrots coarsely. Bring a medium pot of water to the boil with $\frac{1}{2}$ tsp each ground cumin and salt. Cook until tender, about 20 minutes. Drain and cool slightly.
2. Crush the cumin and caraway seeds with a mortar and pestle. Puree carrots in a food processor or blender. Add crushed seeds, olive oil, lemon juice, and $\frac{1}{4}$ tsp each cumin, salt and cayenne. Transfer to a bowl.
3. To prepare the garlic yogurt: Transfer yogurt to a bowl. Add garlic, olive oil, lemon juice, salt and mint. Mix well. Stir 2 tbsp into the carrot puree. Cover and refrigerate both.
4. Pile the carrot puree on a serving platter and make a well in the center. Spoon the yogurt into the well. Arrange pita chips, olives and tomatoes around the edges.