

Salt and Serenity

Harissa and Maple Roasted Carrots

Recipe initially appeared in the November 2014 issue of Bon Appetit magazine. I have adapted it very slightly.

Serves 4

1 clove garlic, finely grated
2 Tablespoons olive oil
2 tablespoons pure maple syrup
1-2 teaspoons harissa paste
1 teaspoon cumin seeds
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 ½ pounds small rainbow carrots

1. Preheat oven to 450°F. Whisk garlic, oil, maple syrup, harissa, cumin seeds, salt and pepper in a small bowl.
2. If you are lucky enough to find rainbow carrots with the tops still on, cut the tops off, leaving a ½ inch of green – it looks pretty. Scrub carrots, or peel them if they are very dirty. Cut carrots in half lengthwise.
3. Toss carrots with garlic mixture in a large roasting pan to coat; season with a bit more salt and pepper. Roast, tossing occasionally, until carrots are tender and lightly caramelized, 35–40 minutes.

DO AHEAD: Carrots can be roasted 6 hours ahead. Let cool; cover and chill. Bring to room temperature or reheat slightly before serving.