
CARDAMOM CARROTS

THESE PROVED EXTREMELY POPULAR WITH ONE GROUP OF OUR GUESTS. PROBABLY NOT AS HEALTHY AS THEY SHOULD BE – BUT THEY GO VERY WELL WITH A WHOLE RANGE OF FISH AND MEAT DISHES. THESE ARE APPROXIMATE MEASURES FOR FOUR PEOPLE – BUT YOU MIGHT LIKE MORE OR LESS.

INGREDIENTS

30 gm butter
8 medium carrots
1 tsp cardamom seeds
Fresh parsley
salt and pepper

INSTRUCTIONS

Slice the carrots quite thinly – you don't have to be precise, because they are going to be mashed. Melt the butter in a medium pan with a lid. Add 1 tbsp water to the melted butter. Add the carrots and cardamom seeds, plus a little salt (you can adjust this later). Put the lid on the pan, and turn the heat to low. Leave the carrots to cook in the butter and their own juices. Check from time to time – but I've never known them to stick.

When the carrots are cooked (about 30 minutes – they need to be soft, and it's a very low heat), put everything into a food processor and whiz to a puree. Check the seasoning, chop some fresh parsley and add to the puree, or sprinkle on the top.