

Steamed Carrots with Charcoal Salt and Herbs



Welsh Ingredients used: Welsh carrots, rapeseed oil, Halen Môn charcoal salt

Serves 4

Ingredients

500g bunched carrots, peeled
1.5 tbsp cider vinegar
1 tbsp maple syrup or honey
2 tbsp rapeseed oil, plus extra to drizzle
Large pinch of charcoal salt
2 tbsp picked herbs such as dill or thyme

Method

- 01** Trim the tops of the carrots to leave a little green, keeping a few leaves (wash and dry them well) for garnishing.
- 02** Place the carrots in a steamer and cook until just soft, about 10 minutes.
- 03** Meanwhile, mix the vinegar, maple syrup and oil in a bowl and set aside.
- 04** When ready to serve, gently mix the carrots with the vinegar, maple syrup and oil. Place on a platter, sprinkle with the charcoal salt, a drizzle of rapeseed oil and sprinkle over the herbs and carrot leaves.

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