

Curried Carrot Mash with Brown Butter

Prep: 30 minutes • Cook: 25 minutes

This dish brings out the natural sweetness of steamed carrots, enhanced by the depth of browned butter, spices, and pickled chilies, offering a delightful blend of flavors perfect as a side or dip.

Ingredients

- 2 red chilies (finely sliced)
- 1/4 tsp white wine vinegar
- 1/2 tsp superfine sugar
- 1/4 tsp table salt
- 1 lb 12 oz / 800g carrots (peeled and chopped into 3/4-inch pieces)
- 2 tbsp unsalted butter or olive oil
- 1 oz / 5g fresh ginger (peeled and finely grated)
- 1 tsp nigella seeds
- 1 tsp fennel seeds
- 2 tbsp olive oil
- 1 tsp medium curry powder
- 1/2 tsp ground cinnamon
- 1 tbsp lime juice
- 1 green onion (trimmed)
- 1/3 cup / 5g mint leaves

Instructions

1. Put the chilies, vinegar, and sugar into a small bowl with 1/4 tsp salt, massage together, and set aside to pickle for 30 minutes.
2. Put the carrots into a steaming basket (or colander that can sit over a large saucepan). Fill a large saucepan with enough water to come 1 1/2 inches/4cm up the sides. Bring to a boil on high heat, then place the steamer (or colander) in the pan. Cover with a lid or seal well with aluminum foil to prevent steam from escaping. Steam the carrots for about 25 minutes, or until you can cut through them easily with a knife.
3. While the carrots are steaming, put the butter, ginger, nigella seeds, fennel seeds, cumin seeds, and a generous pinch of salt into a small saucepan on medium heat. Cook gently for 3-5 minutes, stirring occasionally until the butter begins to foam and turns light brown and the seeds become fragrant. Set aside until ready to serve.
4. Put the carrots into the bowl of a food processor with the olive oil, curry powder, cinnamon, and 1 tsp salt and blitz for about 1 minute, until you get a semismooth mash.
5. Spoon the mash onto a large plate, creating dips with the back of the spoon. Drizzle with the butter, ginger, and

seeds, followed by the lime juice. Drain the pickled chilies well and scatter them over the mash. Finish with the green onion and mint and serve warm.

Tags: Side Dish, Vegetarian, Spicy, Comfort Food, Gourmet, Butter

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