

Cooked Carrot Salad



INGREDIENTS

1. 1 pound carrots
2. 3 garlic cloves, chopped
3. 1 pinch of salt
4. 1 pinch of sugar
5. Lemon juice
6. 1/2 teaspoon cayenne pepper
7. 1/4 teaspoon cumin
8. Parsley, chopped

Method:

1. Peel the carrots; quarter them lengthwise. Cook in a little water with garlic and a pinch of salt and sugar for 15 minutes. Drain and chill.
2. Just before serving, cover with lemon juice, about 1/4 teaspoon salt, cayenne, and cumin.
3. Sprinkle with chopped parsley.