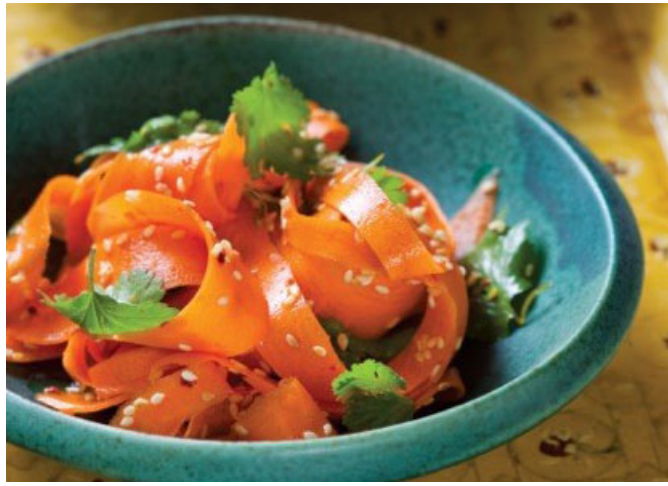




Posted on 14 April 2015
by Louisa Shafia

Vinegar Carrots with Toasted Sesame Seeds



Ingredients

1/2 cup sesame seeds (white or black)
1 clove garlic, minced
2 tablespoons white vinegar
2 tablespoons rice vinegar
1 tablespoon honey
1 tablespoon toasted sesame oil
1 teaspoon red pepper flakes
Sea salt
1 1/2 pounds carrots, cut lengthwise into thin ribbons
1 cup tightly packed fresh cilantro

Preparation

1. Heat a small skillet over medium-high heat. When hot, add the sesame seeds and alternate between shaking the pan and stirring the seeds. When the seeds start to pop, after a couple of minutes, transfer them to a plate and let cool to room temperature.
2. In a small bowl, whisk together the garlic, vinegars, honey, sesame oil, red pepper flakes, sesame seeds, and 1 teaspoon salt. Pour the dressing over the carrots, add the cilantro, and toss well. Season to taste with salt and serve.

Cooks Note

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