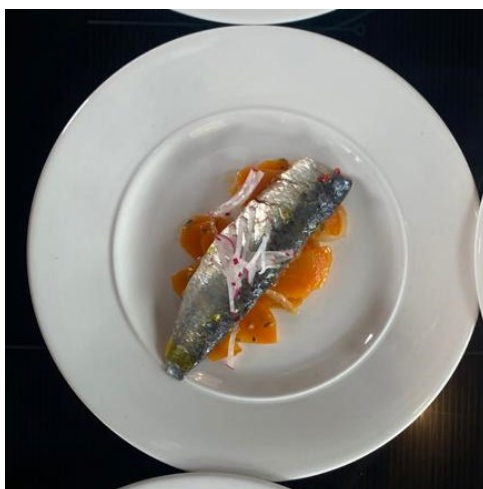


Carrot and cumin salad

Serves 8



This is a great salad to go with smoked anchovies, sardines or mackerel.

Many years ago I was invited to an Algerian friends garden party where we ate Mechoui - a fantastic slow-roasted lamb dish with a simple carrot salad which I have used ever since. I don't just serve it on its own – it goes well with cured fish, as well as being a great accompaniment to other fish and meat dishes. Of course, it contains my favourite spice - cumin. I often panic if I run out, but I now keep a little back up packet just incase.

It's one of those addictive spices which features in lots of curries and I'm convinced it is that addictive ingredient in all curry houses.

This is a great way to serve the humble carrot and it's an all the year-round salad of my choice. This can be served as a small mini-dish or starter, and the carrot salad alone makes a great vegan salad without the fish.

4 large shallots, peeled, halved and thinly sliced
100ml olive oil
2tsp cumin seeds
1 tsp ground cumin
4-6 medium sized carrots, trimmed, peeled and thinly sliced (if necessary) on the angle
300ml vegetable stock
Salt and freshly ground black pepper
2-3tbs chopped coriander, stalks and all

Gently cook the shallots in the olive oil with the cumin on a low heat for 2-3 minutes, without colouring and stirring every so often.

Add the carrots and stock, season, bring to the boil, and cook on a medium heat until just tender, stirring every so often.

The liquid should be just coating the carrots like a dressing, if not turn the heat up and cook on a medium heat until almost all the liquid has evaporated.

Transfer to a bowl and leave to cool. Stir in the coriander and serve the carrots at room temperature.