

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Slow Roasted Rainbow Baby Carrots with Black Lime Ranch and Herb Salad

BY CHEF JOEY ALTMAN

Rainbow Baby Carrots and Herb Salad

Carrots Ingredients

4 lbs. rainbow baby carrots,
topped, well washed,
but not peeled
½ cup kosher salt
2 tbsp. sugar
¼ cup water

Herb Salad Ingredients

1 bunch dill
1 bunch Italian parsley
2 lemons

Carrots Directions

Pre-heat the oven to 350°F.

Place the carrots in a roasting pan with the salt and sugar and mix well. Then add the water. Place in the oven and cook until the carrots are tender, (when the tip of a paring knife easily pierces them) about 30–45 minutes.

Remove the pan from the oven. Using tongs, transfer the carrots to a plate or small tray. Discard the salt and sugar.

Herb Salad Directions

Remove the thick stems of the dill and the stems of the Italian parsley, then chop and mix together. Add zest of 2 lemons.

Black Lime Ranch Dressing

Dressing Ingredients

2 tsp. fresh garlic
1 bunch parsley, stemmed
and chopped
1 bunch dill, thick stems removed
1 bunch scallions, roots
trimmed and discarded then
roughly chopped
3 lemons juiced and zested
2 *black limes
1 pint greek yogurt
1 cup buttermilk
10 oz. sour cream
½ cup tahini
Salt and fresh ground pepper
to taste

*Black limes are made by dehydrating limes for 6–10 days. Store limes in a cool and dry location in an airtight container.

Dressing Directions

Place the garlic, herbs, scallions, lemon juice and lemon and black lime zest in a food processor. Process until the mixture is finely minced.

Add the yogurt, buttermilk, sour cream and tahini and process until well combined. Season to taste with salt and pepper.

To Serve

Spread the ranch dressing on a serving platter. Cut the carrots in 1 inch chunks and arrange on the dressing. Garnish with the herb salad.