



JERNEJ KITCHEN

BRAISED CARROTS

Braised slowly on a low temperature in the oven, they get super tender and sweet.

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
BAKE:	90	MINUTES

BRAISED CARROTS

10 carrots, small

sea salt and black pepper, freshly ground

1/2 tsp cumin seeds

50 g butter, small cubes

TOOLS AND EQUIPEMENT

baking tray

Parchment paper

kitchen knife

Preheat the oven to 150 °C / 300 °F. Wash the carrots under cold running water. Remove the green tops.

BRAISED CARROTS

Line a small baking tray with parchment paper paper, which has to be twice the length of a baking tray. Add the carrots, season with sea salt, black pepper and cumin. Spread small cubes of butter over it evenly. And pour in 50ml of cold water or chicken stock if you have it. Cover with the rest of the parchment paper.

BAKE

Bake for 90 minutes in the oven at 150 °C / 300 °F. Serve them as a snack, a delicious side dish or light dinner.