



### **Sweet Roasted Curried Carrots**

Inspired by Chef David Kinch United States 2008  
Signature Dish - *Into the Vegetable Garden*

### **Carrots for Roasting**

10 thin or medium carrots, peeled; trimmed  
2 Tablespoons vegetable oil  
Salt; ground black pepper to taste

### **Carrot Sauce:**

2 Tablespoons vegetable oil  
1 Tablespoons unsalted butter  
1 onion, chopped  
1 medium carrot, chopped  
1/2 cup chopped celery  
1 Tablespoon minced fresh jalapeno pepper, seeded  
1 cup chicken stock or broth or as needed

### **Vadouvan Curry**

2 Tablespoon olive oil  
2 shallots, peeled, minced  
1 to 1-1/2 teaspoons curry powder

### **Brown Butter Sauce:**

3 Tablespoons unsalted butter  
1/2 teaspoon lemon zest

**Serve with** Mixed garden greens, herbs, and edible flowers, drizzled with lemon juice

**Roast Carrots:** Place rack in the upper third of oven; preheat oven to 400 degrees F.

Arrange carrots on 1 foil-lined rimmed baking pan; drizzle oil over the carrots; season carrots with about 1/8 teaspoon salt and 1/8 teaspoon black pepper; toss until carrots are evenly coated. Roast in oven until just tender about 30 to 40 minutes. The baking time will depend on the size of the carrots. Turn carrots once during roasting. Remove from the oven; set aside.

**Make the Carrot Sauce:** Heat oil and butter in a medium skillet over medium heat until the butter is melted. Add chopped onion, carrot, celery, and minced pepper. Season with 1/4 teaspoon salt and cook, stir frequently, until soft and caramelized, about 12 to 15 minutes. Add 3/4 cup broth, cook until boiling; reduce heat to low; cook for about 5 more minutes or vegetables are soft. Remove from heat; cool until warm. Puree with hand blender until smooth. Add more stock for a thinner consistency. Season to taste. (We had about 2 cups sauce, which is enough for two recipes.)

**Prepare Vadouvan Curry:** Heat 2 Tablespoons olive oil in a small pan over medium heat. Add minced shallots and cook until caramelized, about 8 to 10 minutes. Add 1 to 1-1/2 teaspoon curry powder; stir about 20 seconds to 1 minute to blend flavors. Remove from heat; set aside.

**Brown Butter Curry Sauce:** Melt butter in small saucepan over medium heat; cook over medium heat until it becomes foamy and light golden brown. Remove from heat; stir in the prepared Vadouvan curry; let rest for 15 minutes to blend flavors. Stir in lemon zest.

**To Serve:** Place the warm carrot sauce on the serving plate; place roasted carrots over sauce; drizzle with brown butter curry sauce; garnish with garden greens, herbs and mini edible flowers. Serve immediately.

**Signature Recipe and Story** are found on p.212 and p.396 in *Signature Dishes That Matter*.

**Cook's Note:** When I prepared this dish, I roasted 3 peeled, sliced golden beets at the same time. It made a beautiful vegetable dish with the yellow, orange, and green herbs. I was inspired to remake Chef Kinch's Roasted Carrots with Nasturtiums from Fine Cooking Season3, Ep. 12. It was the kind of vegetable dish that's filled with flavor and would be perfect to serve for the holidays. It makes those carrots extra special.

**About His Recipe:** Chef Kinch sees a dish with all its components, roots, shoots, flowers, fruits, leaves, and seeds. The vegetable plate is like experiencing a moment in nature. He prepares each ingredient using different techniques. His use of fresh farm ingredients impacted chefs, inviting them to work with local farms and ingredients.

**What is Vadouvan?** This is a French interpretation of an Indian spice blend, incorporating oil, shallots, and onion. Vadouvan Curry, a sweeter, shallot-based version of masala curry used in many Tamil lamb and shrimp dishes, has also delighted Parisian café-goers in curried chicken salad. To make your own Vadouvan spice: See:

<https://www.washingtonpost.com/recipes/vadouvan/10525/>

If you want to experiment with this spice, See:

<https://www.today.com/food/how-use-vadouvan-curry-powder-you-need-your-life-t16341>