

FOOD & DRINK

TRENDING

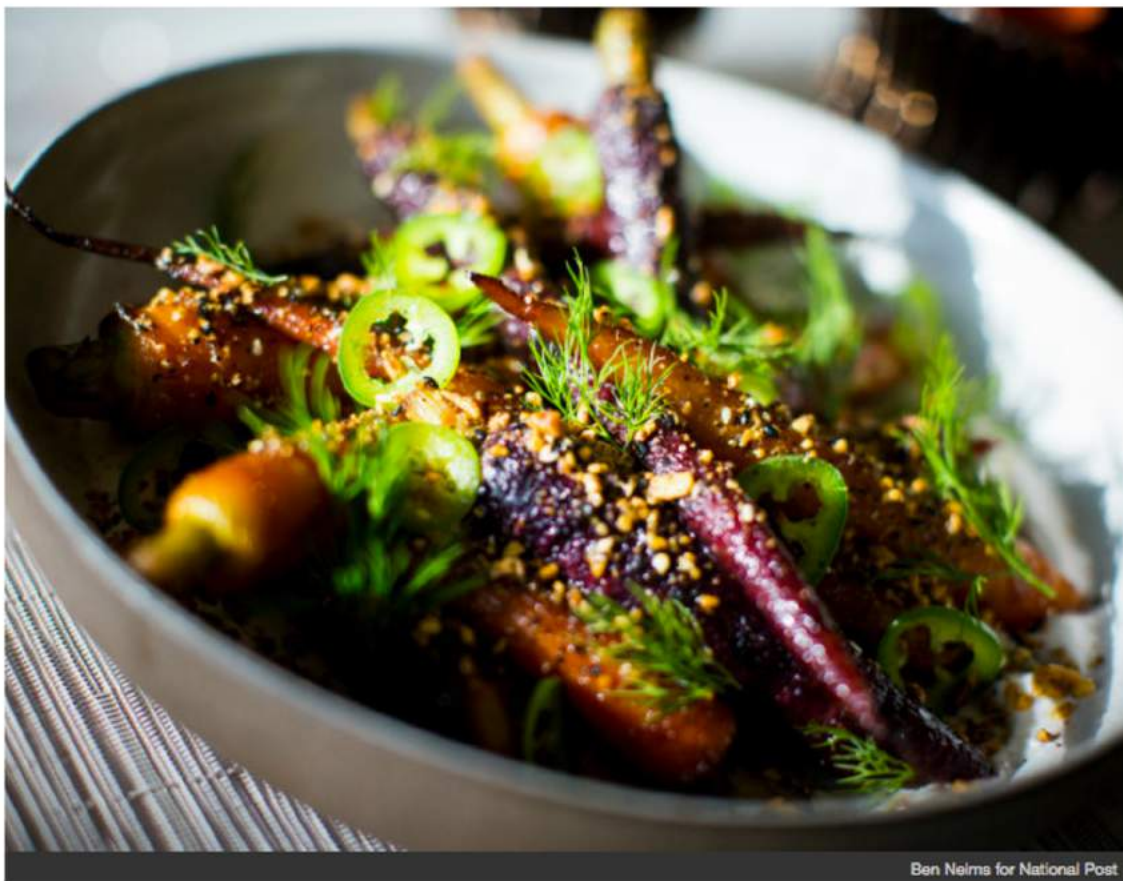
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Thanksgiving sides shakeup: David Hawksworth's Heirloom Carrots with Sumac Yogurt



REBECCA TUCKER | October 8, 2015 6:58 PM ET
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Ben Nelms for National Post

Make it out with the old and in with the new this Thanksgiving. We asked a handful of Canadian chefs, cooks and culinary experts to help us mix up our menus for the holiday this year, with each of them nominating a “traditional” Thanksgiving dish to eliminate, and a new classic to try. Here, Chef David Hawksworth elevates roasted carrots. We’ll be posting new recipes in this series daily.

David Hawksworth
Chef, Hawksworth, Vancouver, B.C.

HEIRLOOM CARROTS WITH JALAPENO, SUMAC YOGURT, DUKKA AND DILL

A

2 bunches heirloom carrots

4 cloves garlic

3 bay leaves

3.5 Tbsp butter

1 oz canola

2 tsp salt

B

6.5 oz. sherry vinegar

4 Tbsp granulated white sugar

1 tsp salt

C

1.5 cups yogurt (5%)

2 tsp sumac

1 tsp salt

3.5 tsp black pepper (course grind)

1 tsp cayenne

D

2 jalapeno peppers (sliced very thin)

4 Tbsp dukkah (sourced from specialty spice store)

50 g dill (picked leaves)

50 mL olive oil – high quality

- 1.** Combine ingredients in Section C together in a mixing bowl using a whisk. Allow to sit until the rest of the dish comes together. (this can be made a day or so in advance and kept in fridge)
- 2.** Pre heat oven to 400F
- 3.** Scrub and wash carrots thoroughly, leaving a bit of green tip on them (do not peel) - In large frying pan on high heat, add butter and canola until bubbling, add carrots, bay and garlic and roast in pan on high heat on stove top until well caramelized.
- 4.** Place in oven and roast for 8 mins.
- 5.** Carrots should have a bit of bite left to them. Pull them from oven, remove bay and garlic and excess butter and oil. Allow them to rest in the pan on counter.
- 6.** Place all of Section B in a pot and reduce to almost syrup consistency
- 7.** Add to carrots in their original pan and place back on heat to help glaze adhere to carrots, Heat up just long enough to achieve glaze on carrot and warm carrot through
- 8.** Place dollops of Section C on plate and scatter carrots over top
- 9.** Garnish with all of Section D. Serve immediately.