

Your First Wealth Is Health



Turkish–Style Carrots

This is a simple way with carrots that complements most meals. The sweetness of the carrots is nicely contrasted with the liveliness of the mint and complemented by the rich smoothness of the olive oil and yoghurt.

Other root vegetables will also happily swim about in this sauce.

Preparation time: 10 mins

Cooking time: 15 mins

Serves: 4

Ingredients

1 pound carrots

2 tablespoons olive oil

1 tablespoons goat yoghurt

1 clove garlic

Handful chopped mint

Black pepper

Method

Chop the carrots into thick slices and cook very slowly in the oil removing from the heat just before they are completely soft. Turn off the heat and add the yoghurt, crushed garlic and chopped mint. Sprinkle with freshly ground black pepper and serve warm.

Energetics

Carrots are sweet and nourishing to the Liver, Lung and Spleen. They gently nourish and cleanse the Blood, and nourish both Qi and Yin. The yoghurt adds additional Yin nourishing properties and benefits the Intestines. The mint adds movement and benefits Stagnation.