



Carrot and Garlic Yogurt Sauce

makes about 2 cups

In Istanbul, Turkey I had the most incredible mezze platter, filled with dips, pickles, salads, and flatbread. I couldn't stop dipping my bread into the carrot sauce and my friends weren't too happy when I polished it off without sharing. I've since made a similar dish at home, and when I serve it at parties, it's always the first to disappear. It's a perfect dip for vegetables and toasted bread, and if there's any left you can use it as a sandwich spread with sliced cucumbers.

INGREDIENTS

1 tablespoon olive oil	1/4 teaspoon ground nutmeg
2 large carrots, peeled and grated	1/4 teaspoon allspice
1 1/2 cups thick yogurt, full fat	1/4 teaspoon cinnamon
2 garlic cloves, finely chopped	1 1/2 teaspoon salt
2 tablespoons walnuts, chopped	1 tablespoon tahini
1/4 teaspoon ground cloves	1 tablespoon chopped parsley

PROCESS:

Heat 1 tablespoon olive oil in a skillet, over medium high heat. Add the carrots and sauté until just soft, but still a bit crunchy. Set aside and cool. Whisk together the yogurt, spices, walnuts and garlic until smooth. Add the cooled carrots. Garnish with parsley.