



# Sweet Garlic Roasted Carrots

**Recipe Source:** Dimitra Alfred, Kitchen Specialist, Stanmore Public School

**From the garden:** society garlic, chives, carrots

Equipment	Ingredients
Cooling rack	8-10 baby carrots, scrubbed clean
Dry tea towel	2 teaspoons golden syrup or honey
Oven mitts	1 tablespoon extra virgin olive oil
Scissors	Pinch table salt
Mortar and pestle	1 stem fresh society garlic, or 1 garlic chive
1 metric teaspoon measure	1 fresh chive stem
1 metric tablespoon measure	¼ teaspoon rock salt
¼ metric teaspoon measure	Freshly ground black pepper
Pastry brush	
Large baking tray lined with silicone baking sheet or baking paper	

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list before you start cooking.
2. Preheat the oven to 180C fan-forced. Place the cooling racks and two dry tea towels on the bench near the oven.
3. Use the scissors to cut the tops off the carrots, leaving about 2cm of leaves still attached to the carrot.
4. Place the golden syrup, about half the olive oil and a pinch cooking salt into a large bowl. Use the whisk to blend the ingredients together.
5. Add the prepared carrots and use the large mixing spoon to turn and coat the carrots in the olive oil mixture.

6. Place carrots on a single layer on the prepared baking tray.

**Work in pairs, one person wearing oven mitts, the other in charge of the oven:**

7. **Wearing oven mitts on both hands**, carefully slide the trays into the preheated oven and bake for 20 minutes or until the carrots are just tender.
8. **Wearing oven mitts**, remove the tray of carrots from the oven and place onto the cooling rack. Drape the dry tea towel onto the edge of the hot tray (to prevent any accidental burns).

**While the carrots are roasting, prepare the garlic oil:**

9. Starting from the base or white end and only cutting about 6cm of the base, use the scissors to cut the society garlic into small pieces and into the mortar. Place tougher tops into the compost.
10. Use the scissors to cut the whole chive stem into small pieces and place into the mortar.
11. Add the rock salt to the mortar and use the pestle to pound into a fine paste.
12. Add a few grinds of pepper.
13. Now add the remaining oil and use the pastry brush to mix it all together.
14. Brush each carrot with the flavoured oil and serve.