

Carrot Tzimmes

There are many ways to make carrot tzimmes, but here is a simple and easy one. You can add prunes, raisins, or canned pineapple chunks. Some folks also add a little cinnamon or ginger.

Ingredients:

6 large carrots, sliced whatever size you desire
2-4 Tbsp margarine, butter or vegetable oil
¼ cup orange or pineapple juice
1 tsp salt
2-4 Tbsp honey to taste
2 tsp cornstarch (or potato starch on Passover) + cold water

Directions:

Place carrots in a pot large enough for them to move around. Fill with salted water and boil until almost soft; drain. Return carrots to pot and add margarine, orange juice, salt and honey. Return to a low boil.

In a cup, stir together corn starch with a little cold water – just enough to be able to stir it. Add a little of the hot juice from the carrot pot to the corn starch; stir it. When the corn starch is warm, add it to the carrots.

Mix until it starts to thicken; turn down heat and simmer for 5 minutes.

Enjoy!

Carrot-Yam-Prune Tzimmes

Ingredients:

4 large carrots, peeled and sliced
3 large yams or sweet potatoes, peeled and sliced
8-19 prunes, cut into pieces
1 8 oz/228 mL can pineapple tidbits with juice
3 tablespoons butter or margarine
1 cup brown sugar, or less to taste
2 teaspoon corn starch
1 cup water

Directions:

Layer vegetables, prunes and pineapple in a greased glass baking pan. Dot with butter. Sprinkle with brown sugar.

Cover and bake at 350° F/ 180° C for 1 hour or until tender.

Mix corn starch with water. Mix well into vegetable dish and bake for about 15 minutes more, uncovered.

Enjoy!

