

# Marinated Carrots

Recipe from The Victory Garden Cookbook by Marian Morash

## *Ingredients:*

1 lb carrots  
1 tsp sugar  
½ tsp salt  
2 ½ tbsp white wine vinegar or lemon juice  
½ tsp Dijon mustard  
½ cup oil  
1 tbsp shallots  
1 tbsp chopped parsley  
1 clove garlic, crushed  
Salt and fresh ground pepper

## *Directions:*

1. Peel the carrots and julienne, “log”, or slice them.
2. Blanch in boiling water with the sugar and salt for 2-4 minutes or until barely tender. Drain.
3. Stir together the vinegar or lemon juice and mustard, beat in the oil, and add the shallots, parsley and garlic. Pour over the warm carrots.
4. Taste and season with salt and pepper. Refrigerate for 4 – 6 hours before serving. Use as a garnish, snack or salad.



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