

CULINARY DISCOVERY PAVILION

Sponsored by

MidwestLiving

TURKISH CARROT YOGURT DIP

Annie Probst, Midwest Living, Turkey

INGREDIENTS

- ¼ cup extra-virgin olive oil
- 3 - 4 medium to large carrots (10 to 12 ounces total), peeled and coarsely shredded (1¾ cups)
- 1 cup pine nuts or finely chopped walnuts
- ¾ teaspoon fine sea salt
- 1 - 2 garlic cloves, peeled and crushed into a paste with the side of a chef's knife
- 2 cups plain Greek yogurt
- Assorted dippers, such as flatbread, crackers or raw vegetables

INSTRUCTIONS

Heat the oil in a large skillet over medium-high heat. Add a pinch of the carrots to the oil as a test; if they sizzle, add the remaining carrots and cook, stirring frequently, until they begin to soften, about 6 minutes.

Add pine nuts and salt. Reduce heat to medium and continue cooking, stirring occasionally, for 5 or 6 minutes, or until carrots are completely soft and beginning to brown and the pine nuts are golden. Add garlic and cook, stirring, another 30 seconds to 1 minute, or until fragrant. Cool slightly.

In a medium bowl, stir the warm carrot mixture into the yogurt. (At this point, the dip can be refrigerated, covered, for up to 5 days. Let stand at room temperature 30 minutes before serving, if chilled.) Drizzle with additional olive oil before serving with assorted dippers.



Presented by



Produced by



GREATER DES MOINES
PARTNERSHIP