

# Teriyaki-roasted carrots

## by Tim Anderson

You won't want plain carrots ever again after trying these teriyaki-roasted carrots by Tim Anderson. "Most Japanese domestic kitchens don't have ovens, which means there isn't much roasting done there," says Tim "So this recipe can't really be called authentic, but do you know what it can be called? Really delicious. In fact, this might be my favourite way to cook carrots ever," declares Tim.

"Roasting them on a high heat gives the carrots a delectable fudgy consistency, and the sweet-and-salty flavour of caramelised teriyaki sauce makes them sticky and unctuous."

The recipe features in Tim's new book *Vegan Japaneasy*.

A follow-up to the Wisconsin-born, London-based 35-year-old's previous recipe collection, it isn't "strictly for vegans" but does wedge open the door on a cuisine often considered closed to those who steer clear of animal products.

"I'm not a vegan and I'm not trying to make anybody be vegan," notes Tim, who runs Japanese soul food restaurant Nanban. Meaning if you want to add a gooey ramen egg, no one will stop you, but the idea is to open up Japanese food to all taste buds.



### INGREDIENTS (SERVES 4)

500-600g carrots (I like chantenay carrots for this because I am lazy and they require no prep, but any carrots will do)

2tbsp oil, plus a little extra for greasing

8tbsp Sweet Soy Sauce

Zest of half an orange or lemon

### METHOD

1. If you're using little carrots like chantenay, preheat the oven to 220oC (430°F/Gas 9). If you're using big carrots, preheat it to 200oC (400°F/Gas 7). The sweet soy sauce has a tendency to stick to roasting pans, so if you haven't got a non-stick one, it's a good idea to line the



pan with baking parchment. 2. Toss the carrots in the oil, ensuring they are evenly coated, then use a little more to rub onto the roasting pan or parchment. Spread the carrots out in the pan and roast for 20 minutes (if they're small) or 30 (if they're big). Check to see if they're tender throughout with a fork or chopstick - if they're still too hard, keep

roasting them in five-minute increments until they're soft.

3. Pour over six tablespoons of the sweet soy and add the citrus zest, and toss so that all the carrots are evenly coated. Place back in the oven for five to 10 minutes, checking them often to ensure they aren't burning. The carrots are done when the sauce has reduced to a very thick, dark, sticky glaze that clings to the carrots.

4. Remove from the oven, add the remaining two tablespoons of sweet soy sauce, and toss. Leave to cool slightly before serving.

● *Vegan Japaneasy* by Tim Anderson, photography by Nassima Rothacker, is published by Hardie Grant, priced £22