

Passover without potatoes

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For last few days of longer-than-usual Passover, lighter meals, fewer potatoes are particularly welcome.

Deb Roussou, author of 350 Best Vegan Recipes, makes vegetable dishes that are simple to prepare and are suitable for Passover. Her festive side dish of lime- and saffron-caramelized carrots is made by sauteing carrot slices in olive oil with lime juice and zest, saffron, salt and pepper.

Another dish that's perfect as an appetizer for the Holiday of Spring is her balsamic asparagus with walnuts, for which she cooks asparagus pieces with minced shallot sauteed in olive oil and then simmers them briefly with the vinegar and walnuts.

Roussou also makes an easy Mediterranean casserole that requires no separate sauteing of the components. She layers salted eggplant slices, after patting them dry, in a baking pan with sliced red onion, mushrooms, green peppers and tomatoes, drizzles them with olive oil and sprinkles them with chopped fresh oregano, salt and pepper; she then bakes the casserole in a medium oven until the vegetables are tender. Roussou serves the casserole for lunch with a Greek salad but you could also bake it alongside a chicken for an easy-to-make holiday or Shabbat dinner.

LEMON- AND SAFFRON-CARAMELIZED CARROTS

This recipe is adapted from 350 Best Vegan Recipes. Author Deb Roussou makes these sweet and savory candied carrots with lime zest and juice, but lemon works well too. No sugar is added; the

recipe gains its sweetness from the natural flavor of the carrots and from caramelizing them.

Makes 4 to 6 servings.

2 Tbsp. olive oil
30 gr. (2 Tbsp.) margarine
6 carrots, peeled and thinly sliced into coins
Zest and juice of 1 small lemon
1/2 tsp. freshly ground black pepper
1/4 tsp. salt
Pinch of saffron

Place a large skillet over medium-high heat and let pan get hot. Add oil and when hot, add margarine to melt, tipping pan to coat. Add carrots, lemon zest, 2 teaspoons lemon juice, pepper, salt and saffron and toss to coat.

Reduce heat to medium and cook, stirring frequently, until carrots are tender and very caramelized, 10 to 12 minutes. Serve hot.

Variation: Omit the saffron and lemon zest and simply sprinkle with chopped fresh parsley and a drizzle of lemon juice.