

HEIRLOOM CARROTS

WITH BLACK PEARL BARLEY AND VACHE CURD

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INGREDIENTS - SERVES 4

1 bunch heirloom carrots
1 tbsp chopped coriander
1 tbsp chopped parsley
2 tbsp Vache curd
50g black pearl barley
- blanched off to al dente

ONION JAM

250g red onion, sliced
70ml vinocotto
50g coriander
stalks, finely chopped

To make the onion jam, sweat down the onion and coriander stalks with olive oil, until the onion is caramelised. Add the vinocotto and reduce on a low heat for 20 minutes.

Season with salt to taste and allow to cool.

Roast the carrots in a hot oven with a little oil, salt and pepper for 12 minutes or until tender. Toss the herbs, jam and pearl barley together, season and scatter over the hot carrots. Crumble the vache curd over the top to garnish.

“A BEAUTIFUL SEASONAL SALAD OF SWEET ROASTED HEIRLOOM CARROTS AND VINCOTTO ONIONS WITH NUTTY BLACK PEARL BARLEY, LOCAL BAROSSA VALLEY VACHE CURD AND FRESH HERBS.”

**TRACY COLLINS,
HARVEST KITCHEN**

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