



TZIMMES

Introduction

The word “tzimmes” has passed into the Polish language as a term for something delicious, sweet. In Yiddish, it is associated more with a long process and complication. Originally, tzimmes was a “standalone” dish consisting of carrots, fruit and meat. Over time, the recipe began to change. Today, depending on the place of origin, it has a different composition. In Poland, the most popular is carrot tzimmes stewed with dried fruit, whereas in Lithuania tzimmes can be found with turnips, potatoes or plums.

INGREDIENTS (4 PORTIONS)

- 3 carrots
- 80 g (2,82 oz) of prunes
- 80 g (2,82 oz) of dried apricots
- 1 stick of cinnamon
- 5 cloves
- 3 tablespoons of honey
- 4 oranges

Preparation method

• Step 1

Peel the carrots and cut into slices approx. 3 mm (0,12 inches) thick.

• Step 2

Add the plums and apricots, cinnamon and cloves. Put all this in a saucepan, pour $\frac{1}{2}$ cup of water, cover and stew until the carrots are soft.

• Step 3

Squeeze the orange juice and pour it into the soft carrots. Simmer until they start to fall apart. Finally, add the honey and mix thoroughly.

Smaczego!