02/11/11 - Easy, Fresh Shabbat Dinner

After our visits to the kosher shops on Pico Boulevard and the Santa Monica Farmer's Market, we drove out to the Desert and area of small towns about 2 hours (if no traffic) east of Los Angeles on Friday morning to spend Shabbat relaxing in the sun. The Desert includes, Palm Springs, Palm Desert, Rancho Mirage, La Quinta and a few other towns. We didn't want to spend all day cooking so we used the Roast Chicken recipe, open or dry roasted the prime rib after simply seasoning with garlic olive oil paste and fresh black pepper. We kept the vegetables simply roasted

Try buying the new variety electric color carrots.

Roasted Carrots

4-6 bright yellow large carrots

4-6 bright red large carrots

2-3 tablespoons olive oil

sea salt

Peel the carrots, slice them on a diagonal to reveal their beautiful centers. Place the sliced dry carrots in a glass baking dish in a single layer. Toss all in olive oil and season with a bit of sea salt. Roast the carrots in a 350° for a bout 45 minutes to

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