

POSTSEASONING

FINALLY, A SPICE BLEND FROM **ESPN**

Hypnotoadtastic BBQ Carrots

Unique. Unexpected. Championship caliber.

These BBQ carrots share all the traits of the TCU Horned Frog... except for the horned and frog part.

To make the BBQ sauce

4 cups orange juice
1.5 cup champagne vinegar
2 tsp **ESPN Postseasoning**
3 Tbsp sugar

1. Add all ingredients to a pot and bring to a boil.
2. Reduce to a simmer and cook until reduced by two thirds.
3. Cool and store.

To make the yogurt

1 cup Greek yogurt
Salt

1. Using a whisk, whip the yogurt until smooth and season with salt.

To make the carrots

20 baby carrots, scrubbed and cleaned
Olive oil
Salt

1. Toss the carrots in olive oil and salt and place on a sheet tray.
2. Roast in the oven at 400 until slightly golden and cooked through (about 25min)
3. Let cool.

To serve

5 carrots per plate
2-3 Tbsp BBQ
1 spoon full of yogurt
4 orange segments
1/4 avocado, cut into chunks
3-4 pieces watercress
Pinch of **ESPN Postseasoning**

1. Start by either grilling the carrots or putting them back into the oven to heat up.
2. Plate the carrots laying on top of one another on the plate.
3. Spoon the BBQ sauce over them.
4. Plate a good dollop of the yogurt next to the carrots.
5. Sprinkle around the orange segments and pieces of avocado.
6. Then finish with a little sprinkle of **ESPN Postseasoning** and serve.

