

Taking Carrots with a Pinch of Salt

Ingredients and equipment

- 8-10 carrots, cut into sticks
- 2-3 tablespoons canola oil
- ½ teaspoon salt
- A pot
- A stove top
- A mixing spoon

The experiment

1. Mix the carrot sticks and the salt in a bowl.
2. Heat a tablespoon of oil in a pan over medium-high heat and add the salted carrot sticks.
3. Mix the carrot sticks for about five minutes or until the sticks become tender and start to scorch slightly at the outer edges.
4. Transfer to a serving bowl.
Cut 4-5 more carrots into sticks and repeat steps 2-3; this time, do not pre-salt the carrots.