



Glazed Carrots

Melissa d'Arabian, Food Network

BAH Note: The recipe says to make this in a small skillet. I prefer using a 12 inch frying pan with lid. We used an entire one pound bag of baby carrots. Since we did not cut them into coins, they needed a longer simmer to become tender. We also added a teaspoon or so of the orange juice concentrate to the liquid as it was cooking down and substituted dried cilantro for the fresh parsley at the end.

- 1/2 cup chicken broth
- 1/2 cup water
- 1 tablespoon butter
- 1 tablespoon packed light brown sugar
- 1/2 teaspoon cumin
- 1/2 teaspoon salt, plus more for seasoning
- 3/4 pound carrots, cut on the bias into coins
- 1 teaspoon freshly squeezed lemon juice
- 2 teaspoons minced fresh parsley

In a small skillet, combine the broth, water, butter, brown sugar, cumin, and 1/2 teaspoon salt and bring to a boil over medium heat. Stir until the sugar is dissolved. Add the carrots, reduce the heat, cover and simmer until just tender, about 5 minutes.

Uncover the pan and let the liquid cook down until it reduces to a glaze, about 2 to 3 minutes. Toss the carrots to generously coat them with the glaze. Stir in the lemon juice and parsley and season with salt and pepper to taste.

glazed carrots was posted by wendi on 13 january 2010 at bonappetitthon.com