

Caramelized Carrots

Source: Recipe created exclusively for [Cooking.com](#) by Brigit L Binns

Caramelized carrots have a sweetness that pairs well with braised meat such as brisket, lamb shanks and short ribs. You can substitute 1 piece peeled fresh ginger, about the size of a walnut, for the tarragon if you prefer.

INGREDIENTS:

1 1/2 chicken [broth](#)

3/4 cup dry [white wine](#) or [vermouth](#)

2 teaspoons [turbinado sugar](#)

1 fresh [tarragon](#) sprig

1/4 teaspoon fine [sea salt](#)

Pinch of freshly ground [white pepper](#)

2 pounds young [carrots](#), peeled, cut diagonally into 1/2-inch wedges

20 [garlic](#) cloves, peeled, halved lengthwise

2 tablespoons [olive oil](#)

1 tablespoon finely chopped fresh [parsley](#)

Combine broth, wine, sugar, tarragon, salt and pepper in [heavy large saute pan](#). Stir over low heat until sugar has dissolved, about 1 minute. Add carrots and garlic. Increase heat and bring liquid to a boil. Reduce heat to low. Cover and cook until carrots are crisp-tender, about 10 minutes.

Uncover and simmer until all liquid has evaporated, shaking pan occasionally, about 15 minutes. Add olive oil. Continue cooking until carrots and garlic are tender on inside, but crisp and golden on outside, turning each once with [spatula](#), about 7 minutes (avoid crushing carrots and garlic while turning). Remove tarragon.

Transfer carrot mixture to bowl. Garnish with parsley and serve immediately.

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Serves 6

Nutrition Facts: **Calories:** 145 **Fat:** 5g **Carbohydrates:** 17g **Cholesterol:** 0mg **Sodium:** 195mg
Protein: 3g **Fiber:** 3g **%Cal. from Fat:** 31% **%Cal. from Carbs:** 47%