

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 C chicken broth
3/4 C dry white wine or vermouth
2 tsp turbinado sugar
1 fresh tarragon sprig
1/4 tsp fine sea salt
Pinch freshly ground white pepper
2 lbs young carrots, peeled/cut diagonally into 1/2" wedges
20 garlic cloves, peeled/halved lengthwise
2 TBS olive oil
1 TBS finely chopped fresh parsley

DIRECTIONS:

Combine broth, wine, sugar, tarragon, salt + pepper in heavy large sauté pan. Stir over low heat till sugar has dissolved (about 1 minute). Add carrots + garlic. Increase heat - bring liquid to boil. Reduce heat to low. Cover/cook till carrots are crisp-tender (about 10 minutes).

Uncover/simmer till all liquid has evaporated, shaking pan occasionally (about 15 minute). Add olive oil. Continue cooking till carrots + garlic are tender on inside, but crisp/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.

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%