

Quick Glazed Carrots



Tip: You might notice in the picture above and you'll certainly see in this recipe that I did NOT peel the skin off the carrots. Not only is peeling an added unnecessary step, but peeling also greatly reduces the nutritional value and fiber content of carrots as most of the vitamins and fiber are found both in the skin and just below the skin surface.

Preparation Time: 5-10 minutes

Total Cooking Time: 10-15 minutes

Ingredients

(for 4)

- 1 Pound Fresh Carrots
- 2 Tablespoons Butter or Margarine
- 2 Tablespoons Sugar (I'm using brown sugar but any granulated sugar works fine)
- 1 Teaspoon Garlic Salt
- 1 Teaspoon Italian Seasoning
- Ground Black Pepper
- Balsamic Vinegar (optional but compliments the sweetness of the sugar for fuller flavor)
- Ground Cinnamon

Equipment

- Sharp Knife
- Cutting Board
- Medium Sized Pot with Top
- Tablespoon
- Teaspoon
- Table Knife
- Timer

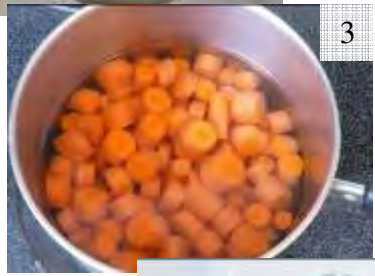


1. Rinse and give the **carrots** a good dirt removing hand scrub with cold tap water.



2. Cut the **green stem ends** (1) and **root tips** (2) from the **carrots**, then cut the **carrots** in cross section into bite sized pieces about 1/2 inch wide (3) until what you have looks like...

3. Put the **cut carrots** in a medium sized pot (1), fill the pot with enough tap water so that the **carrots** are completely submerged (2), put the pot on the stove (3) and turn on the burner to HIGH (4).



4. As soon as the water comes to a full big bubble boil (1), turn down the burner to LOW (2) and...



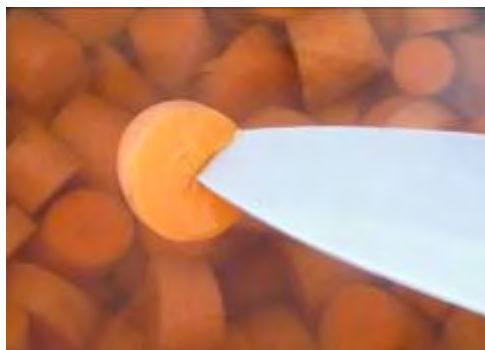
...this (4).



...cover the pot with the top (3) and set a timer for 12 minutes (4).



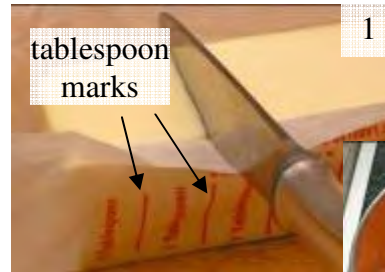
5. When the timer sounds, check the **carrots** for doneness by driving the tip of a sharp knife into one of the **largest carrot pieces** in the pot as shown below. **Carrots** are done when they feel tender throughout but still slightly firm, not mushy. If your **carrots** are still more firm than tender, keep cooking and checking for doneness at 2-3 minute intervals until they're done.



6. When the **carrots** are cooked to doneness, drain the water from them by tipping the pot over the sink and using the pot top as a dam (1) so that the **carrots** stay in the pot and look about like this (2).



7. Put the pot back on the stove over **LOW** heat, use the **butter** or **margarine** wrapper as a guide (1) and add **2 tablespoons** of **butter** or **margarine** to the pot (2).



Add **2 tablespoons sugar** (I'm using **brown sugar**) (3), **1 teaspoon Italian Seasoning** (4), **1 teaspoon garlic salt** (5), and a good shake of both **ground cinnamon** (6) and **ground black pepper** (7).



8. Stir with a big spoon (8) to combine all the **glazing ingredients** so that they look about as shown in (9) at the bottom of the pot and coat the **carrots** evenly as shown in (10). Then, either continue to step 9 below or...



...add and stir in a shot of **balsamic vinegar** (11).



9. Scoop the **finished glazed carrots** into a bowl and serve warm.



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