

Recipes... CARROTS



NOTES & TIPS: There are 3-4 carrots per pound depending on the size. If they are quite large there might be only 2 in a pound. Do not boil carrots as they lose their color, flavor and nutrients. Steam in a steamer basket or mock-steam by pouring about ½" water in the bottom of a heavy pan, add carrots, heat on med-hi to high, once hot turn to med or med-low and simmer for 10-15 minutes or so.

CARROTS IN ORANGE SAUCE

1/4 cup slivered almonds
1/2 tablespoon butter
3/4 tablespoons brown sugar
1 teaspoon cornstarch
1/8 teaspoon salt
1/16 teaspoon cinnamon
1/16 teaspoon nutmeg
1/2 cup orange juice
1/2 teaspoon grated orange rind
5-6 carrots, cooked and cut into strips

Saute almonds in butter for 5 minutes; remove from pan. Combine sugar, cornstarch, salt, cinnamon and nutmeg; add juice and rind. Cook stirring constantly until slightly thickened and clear. Add almonds. Serve over hot sautéed carrots.

LEMON GLAZED CARROTS

3 Tbsp butter or margarine
3 Tbsp brown sugar
3 Tbsp lemon juice
1/4 tsp salt
grated lemon peel, optional

Place carrots in saucepan; cover with water. Bring to a boil, reduce heat, cover and simmer 10-12 minutes, or until crisp. Meanwhile, in a small saucepan, melt butter. Add brown sugar, lemon juice and salt. Bring to a boil, stirring constantly. Drain carrots; add butter mixture and toss gently. Garnish with lemon peel if desired.

ROASTED CARROTS

1lbs. carrots peeled and cut into 1 1/2 inch pieces on the diagonal
scant ¼ cup butter melted
1T. minced dill
salt and pepper
Mix butter, salt and pepper. Pour over carrots. Spread out on a greased baking sheet.
Place in oven at 400°F. and roast 20 minutes or until tender.

Toss with fresh dill and serve.

PAN-ROASTED CARROTS

2 lbs. fresh carrots
2 T. olive oil
pepper, freshly ground
1 C. onion, chopped
1 T. fresh thyme, chopped
1 T. fresh rosemary, chopped

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1 juice orange

Trim and pare carrots. With large carrots, cut off 4 to 6 inches of narrow end of each, then cut wider end lengthwise in half. With small carrots, leave them whole or cut crosswise in half. Heat oil on high in large (12 to 13 inch) skillet, place carrots closely together in pan in single layer.

Sprinkle with onion; grind pepper over. Cover and cook over medium-low heat, turning once halfway through, for 30 minutes or until fork-tender. Liquid should be evaporated and carrots beginning to caramelize at end of cooking time. Sprinkle with herbs. Squeeze 3 or 4 wedges of orange over. Toss well and serve hot with remaining orange wedges on the side.

Serves 6.

GUESS AGAIN CARROTS

2 lbs. carrots
2 tablespoons butter
1 medium onion grated
6 - 8 ounces grated sharp cheddar cheese
1/2 teaspoon salt
1/8 teaspoon pepper
green pepper (optional)

Pare, slice and boil carrots and mash well. Add butter, onion and cheese. Place in buttered casserole. Top with crumbs and butter. Bake at 350° F. for 40 minutes until bubbling. Garnish with parsley.

HONEY-GLAZED CARROTS

1 pound carrots cut into 1" pieces at an angle
1 cup water
1/4 teaspoon salt
1/2 cup orange juice
2 tablespoons cornstarch
2 tablespoons butter or margarine
2 tablespoons honey

Cook carrot pieces in 1 cup boiling water with salt in medium saucepan 10 minutes or until tender; drain carrots, and place in a serving bowl. Stir together orange juice and cornstarch in small saucepan until smooth. Stir in butter and honey: cook over medium heat, stirring constantly, 4-minutes or until thickened. Pour over carrots and toss to coat. 4 servings.

CARROTS WITH TANGY SWEET-SOUR SAUCE

3 tablespoons butter
2 tablespoons cornstarch
1/2 teaspoon salt
dash pepper
2 tablespoons light brown sugar, packed
2 tablespoons cider vinegar
1 cup hot water
4 cups sliced, hot, cooked carrots

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In a skillet over medium low heat, cook butter until lightly browned; add cornstarch. Continue cooking, stirring constantly. Add salt and pepper. Combine sugar, vinegar, and water; stir until sugar is dissolved. Add sugar mixture to butter mixture. Cook over low heat, stirring constantly, until sauce is smooth and thickened. Pour over the hot cooked carrots. Serves 6.

SANDY'S CARROTS

8 to 10 medium carrots, peeled and sliced
2 teaspoons Beef Better Than Bouillon (might start with 1 tsp and add more to taste)
1/4 teaspoon garlic powder (about 1 med size clove = 1 tsp, so use 1/4 of a clove if pressing fresh)
1/4 cup butter or margarine
1/4 cup brown sugar

Cover carrots with water in medium saucepan; add bouillon and garlic. Boil carrots, covered, until tender, about 20 to 25 minutes. Add butter and brown sugar. Cover saucepan with lid until butter melts. Stir carrots in melted margarine and brown sugar until glazed. Transfer to serving dish.

CREAMED CARROTS OR CREAMED PEAS

Fresh Carrots or
Frozen Peas
1 cup Milk, half and half or heavy cream
Sea Salt

Cook vegetables, push them to the side in the pan, add milk or half and half with a bit of thickening (flour generally, but can use corn starch) and sea salt, whisk until a bit thick then stir into the veggies. Cook a bit to "cook" the thickening