

Brown Sugar “Candied” Carrots

By Alessandra Ciuffo

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 to 1 1/2 pounds carrots, all a similar size and thickness, peeled and quartered lengthwise, tops reserved for garnish
- 2 tablespoons brown sugar
- 1 tablespoon honey/maple syrup
- 1/2 cup water
- 2 tablespoons butter
- 1 sprig of rosemary

Steps

1. Heat oil in a large skillet over medium heat. When slightly smokey, add in the carrots and season with salt and pepper. Use a spoon to stir and coat the carrots.
2. After the carrots have cooked a few minutes, add the brown sugar & honey
3. Once the sugar has melted, add in the water and cover the pan. Cook for 5 -8 minutes until the carrots become tender and the liquid has reduced (add more water if necessary). The sauce should be thick enough to coat the carrots and bubble around the pan's edges.
4. Once the carrots can be easily pierced with the tip of a knife, Add the butter and the rosemary sprig and cut the heat. Stir to incorporate.
5. Serve carrots with chopped carrot tops or rosemary sprigs.

Enjoy 🍷