

Glazed Carrots

About 3 carrots
1 teaspoon sugar
1 teaspoon butter
¼ teaspoon salt
½ cup water



Saturday night is date night in my house. My fiancé and I made it a point to go out on Saturday prior to 2020, but especially with lockdown, it was important to us to keep having dates at home. And that means Steak Night. These glazed carrots don't often make an appearance at Steak Night, but when they do, they are undoubtedly my favorite thing on the plate. Which is probably why they seldom show up in our rotation.

This is less of a recipe and more of a technique. The good news is that it's very forgiving. These carrots are sweet and silky and so very *carroty*. They are delicious when slightly crunchy. They are delicious when totally tender. It's very hard to get them wrong. This is one of the few times I do peel the carrots. The little thready roots don't make for as beautiful a presentation, and it takes little time to peel them off.

Cut the carrots so that all the pieces are roughly the same size. I like diamond shaped pieces, about 2 cm by 2 cm. You can get this shape by cutting the carrots on a diagonal instead of a straight line. If there are any carrots that are a bit bigger, cut them down the middle before cutting them to their final shape. Honestly, the shape doesn't matter that much. Just pick a size and stick with it so everything cooks at roughly the same time.

If you're in to sous vide, cooking these carrots at 183 degrees F for about an hour, then putting all the stuff in the bag, juices and all, in to a pan and simmering the liquid down until it's thickened in to a nice glaze, and then sprinkling with some chopped chives or parsley is nearly nirvana.

To do this in a pot or pan, put everything together in the cooking vessel. Bring it up to a simmer and put the lid on. This is where things get less exact. You'll need to simmer them until the carrots are tender (there should be some liquid left in the pot at this stage), and then take the lid off, turn the heat up, and let the liquid reduce until it's shiny and thick. Shake and stir the pan around a few times while you do this. It'll help keep the carrots glossy. The initial cooking should take about 10-15 minutes, and then the glazing will take about 5-10 more. But, as I said, this is a very forgiving way to cook carrots. Garnish with finely chopped chives, or parsley, or nothing at all.

For holidays, using maple syrup instead of sugar, and swapping about half of the water for bourbon or rum is amazing. No need to flambé the alcohol. The simmering will cook off the raw edge.