

Orange-Honey Glazed Carrots



Recipe courtesy of Ina Garten

Show: Barefoot Contessa: Modern Comfort Food Episode: A Barefoot Thanksgiving From: Barefoot Contessa at Home



Level: Easy

Total: 45 min

Active: 15 min

Yield: 4 to 5 minutes

Ingredients:

3 bunches carrots, peeled
2 tablespoons unsalted butter
2 tablespoons honey
Kosher salt
1 teaspoon minced fresh ginger
1 teaspoon grated orange zest
1/2 cup freshly squeezed orange juice
1/2 teaspoon freshly ground black pepper

Directions:

- 1 Cut the carrots diagonally in 1-inch-thick slices. You should have about 5 cups of carrots. Place 1/2 cup water, the butter, honey, 2 teaspoons of salt, and the ginger in a large saute pan and bring to a boil. Add the carrots, cover the pan, and simmer over medium-low heat for 5 minutes. Remove the lid and continue to cook for about 20 minutes, or until all the water has evaporated. You may want to raise the heat for the last 5 minutes.
- 2 Add the orange zest and orange juice to the pan, tossing with the carrots. Simmer uncovered for about 5 minutes, until the carrots are al dente (tender but still resistant when you bite) and the sauce glazes the carrots. Add the pepper and another teaspoon of salt, to taste.



Cook's Note

This dish reheats beautifully. Undercook the carrots a bit and reheat them before serving. For a crowd, multiply the recipe and use a larger saute pan. The carrots may take a little longer to cook.

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