

Judy's Orange-Honey-Ginger Carrots – November 22, 2012

Cook a quart of carrots sliced into coins or sticks. Cook about 20 minutes, but check for doneness at 15 minutes. Do not overcook or the carrots will fall apart when mixed with sauce. Drain and set aside or cool overnight if doing the dish the next day.

In a saucepan add:

1 cup orange juice

1 tsp. grated orange rind

1 tsp. grated ginger

2 tsp. cornstarch or gluten-free starch mix

Bring to a boil over medium heat, stirring often. When the sauce has thickened, simmer for one minute. If the sauce is too thick, add more orange juice. Add 1 Tbl. Butter and ¼ cup of honey. Mix well over medium or low heat. Taste for sweetness; add additional honey if needed. Pour the sauce over the carrots, mix lightly. Serves 4.

Orange-Ginger Carrots with Bourbon

- * 1 pound carrots, peeled and sliced on an angle into 1/4-inch thick slices
- * 2 tablespoons butter
- * 2 tablespoons sugar
- * 2 tablespoons orange juice
- * 2 tablespoons grated ginger
- * 1/4 teaspoon salt
- * 1-ounce bourbon

In a pot of water, bring carrots to a boil and cook for approximately 5 minutes, or until tender to the touch of a fork. Drain off water.

In a sauté pan, over medium-high heat, add butter and sugar. Stir for approximately 3 minutes, or until sugar begins to brown. Add orange juice, ginger and carrots. Simmer for approximately 5 minutes, or until liquids thicken and becomes a glaze.

Add salt and bourbon and simmer for 1 more minute. Serve immediately.

Ginger Honey Glazed Carrots

- * 2 tablespoons butter
- * 1 tablespoon finely chopped ginger
- * 2 tablespoons honey
- * 4 carrots, peeled and thinly sliced
- * 1/4 cup water
- * Salt and pepper

In a small saucepan, melt butter and stir in ginger. Add honey and stir to dissolve. Stir in carrots and toss to coat. Pour in water and cover to steam. Stir occasionally and cook 8 minutes or until tender. Season to taste.