

GINGERED CARROTS

by *Chef Kurt Kwaitkowski*

Featured Food: carrots

Yield: Makes 4-5 servings

Ingredients

5 medium-size carrots 3 cloves garlic, minced
2 T. olive oil ¼ c. chopped cilantro
1 T. butter 1 to 3 t. honey
1 shallot, small dice Salt and pepper, to taste
2 T. ginger, minced

Preparation

Scrub carrots and remove green tops. Peel if desired. Cut into 1-inch pieces then bisect cut. Place carrots in pan and cover with water. Boil gently until cooked through and fork tender, 10 to 12 minutes. Drain.

Heat olive oil in a cast iron or non-stick over medium heat. When the oil is hot, place carrots in a single layer, cut side down, in the skillet. Cook for about 7 to 10 minutes until carrots are golden brown. Flip them and continue to cook for another 5 minutes. Add butter, shallot, ginger, garlic and cilantro. Continue to cook for one minute.

Remove carrots from the skillet to a serving dish. Drizzle with honey as desired and season with salt and pepper.