

BRANDY & MOLASSES GLAZED CARROTS

F EASY

Last Modified: 12/23/2014

PREP: 15 Min
COOK: 15 Min
STOVETOP

VEGETABLES

MAKES 4 To 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Whole "Skinny" Carrots & Tops	Quartered
2	Tbsp	Extra Virgin Olive Oil (EVOO)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	Tbsp	Golden Molasses (Mother Hubbard's)	
3 +/-	Tbsp	Dark Brown Sugar	To Taste
1 +/-	Cup	Water	
1/2	Cup	Brandy (E&J VSOP Reserve)	
1/2	Stick	Unsalted Butter	
1	Sprig	Fresh Rosemary	
3 ~ 4	Tbsp	Carrot Tops Leaves	Chopped

PREPARATION

HINTS	The Carrots should all be a similar size and thickness for even cooking. The Leafy Tops should be reserved for the garnish.
TOOLS	1) Medium Non-Stick Skillet & Lid 2) Wooden Spoon 3) Small Mixing Bowl
PREP	DISH 1) Peel or scrub the Carrots. 2) Cut off and rinse the Leafy Tops and set them aside. 3) Slice each Carrot lengthwise into quarters and set them aside. 4) Mix the Molasses and Brown Sugar together to taste and set them aside.
CAUTION	REMEMBER: Dark Molasses is bitter tasting, NOT sweet. Taste & adjust the sweetness as desired using the Brown Sugar.
1	Heat the Olive Oil over medium heat. When the Oil begins to smoke lightly, add in the Carrots and season with Salt and Black Pepper. Using a wooden spoon, stir the Carrots to coat with the Oil and Seasonings.
2	After the Carrots have cooked covered for a few minutes and are almost done, add in the Brown Sugar and Molasses and continue to cook, stirring from time to time. Stir in a little water so they can become tender without burning the Sugar.
3	Continue to cook the Carrots about 5 to 8 minutes. Add in more water, if needed, but the Sauce should end up thick enough to coat the Carrots and should bubble around the edges of the pan. The Carrots should be tender and fairly yielding when pierced with the tip of a knife.
4	Add in the Butter, Brandy and the Rosemary Sprig and leave it uncovered. Once the Butter has melted remove the Rosemary Sprig and discard it. Continue to cook until the Sauce thickens.
HINTS	Once you remove the Rosemary Sprig, you may optionally remove the pan from the heat and light the Sauce on fire with a long tipped lighter while shaking. CAUTION: Do NOT put the pan back on the heat until the flames have extinguished by themselves.

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5	Transfer the Carrots to a serving bowl and garnish with the chopped Carrot Tops. Allow them to "rest" for a couple of minutes.
SERVE	Serve while hot.



