

# 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

|                |   |
|----------------|---|
| <b>HINTS</b>   | The Carrots should all be a similar size and thickness for even cooking. The Leafy Tops should be reserved for the garnish.   |
| <b>TOOLS</b>   | 1) Medium Non-Stick Skillet & Lid<br>2) Wooden Spoon<br>3) Small Mixing Bowl  |
| <b>PREP</b>    | <b>DISH</b><br>1) Peel or scrub the Carrots.<br>2) Cut off and rinse the Leafy Tops and set them aside.<br>3) Slice each Carrot lengthwise into quarters and set them aside.<br>4) Mix the Molasses and Brown Sugar together to taste and set them aside.                           |
| <b>CAUTION</b> | <b>REMEMBER:</b> Dark Molasses is bitter tasting, NOT sweet. Taste & adjust the sweetness as desired using the Brown Sugar.   |
| <b>1</b>       | 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.  |
| <b>2</b>       | 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.                                      |
| <b>3</b>       | 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. |
| <b>4</b>       | 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.  |
| <b>HINTS</b>   | 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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| <b>5</b>     | Transfer the Carrots to a serving bowl and garnish with the chopped Carrot Tops. Allow them to "rest" for a couple of minutes. |
| <b>SERVE</b> | Serve while hot.   |