



FARMERS MARKET

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Gingery Glazed Carrots

Serves 4 - 6

Ingredients

3 pounds carrots, peeled and cut into 1/2-inch disks on the bias
1 one-inch piece of ginger, peeled and cut into julienne
4 sprigs fresh thyme
2 cups low sodium chicken broth
4 tablespoons unsalted butter
3 tablespoons granulated sugar
Kosher salt and freshly ground black pepper
1/2 teaspoon cornstarch
1 teaspoon fresh lemon juice

Combine carrots, ginger, thyme, chicken broth, butter, sugar, 1 teaspoon salt, and a few grinds black pepper in a 12-inch straight-sided sauté pan or Dutch oven and place over high heat. When liquid boils, cover and cook stirring occasionally, until carrots are almost completely tender (carrots should give very little resistance when poked with a cake tester or knife), about 10 minutes. If liquid drops to below 1/2-inch during cooking, top up with a cup of hot water.

Remove lid and continue cooking carrots at a rapid boil. Combine cornstarch with 1 teaspoon water in a small bowl and stir with a fork until homogenous. Pour cornstarch mixture into carrots and stir to combine. Continue cooking until sauce is reduced to a syrupy glaze. Pick out thyme sprigs and discard. Off heat, add lemon juice and stir to combine. Season to taste with more salt and pepper. Transfer to a serving dish and serve.

Credit: seriouseats.com