



## today's main ingredient

A  LOCAL FOOD PODCAST



# Carrots Braised in Broth

### INGREDIENTS - serves 4

1 pound carrots  
2 cup beef or chicken broth  
1 teaspoon sugar  
1 Tablespoon butter  
1/2 teaspoon salt

**STEP 1** - Peel carrots and cut into logs. Bring broth to a boil, cover and reduce heat, and cook 4 to 5 minutes.

**STEP 2** - Remove carrots to a warm plate and reduce the liquids to a light glaze. Roll the carrots in the thickened liquid, and serve.

**Variation:** For braised & glazed carrots, treat the same as above, but increase the butter to 3 to 4 Tablespoons and the sugar to 1 1/2 Tablespoons, which will produce a more syrupy glaze.