

Lacquered Carrots with Coriander

These carrots are sweet but not overpowering.

Everything goes into the pan at once, and the pan is then uncovered to allow the carrots to brown.

Yields 4-5 servings

Ingredients:

2 tablespoons extra virgin olive oil

1/4 cup maple syrup

1/4 cup sherry or mirin

1 tablespoon balsamic vinegar

4 cups peeled carrots, cut into 2-inch roll cut or 1/2" thick diagonal cuts (about 1 pound)

1/2 teaspoon salt

2 teaspoons ground coriander

Black pepper freshly ground

Method of preparation:

- Add the olive oil, maple syrup, sherry, balsamic vinegar, carrots, salt, and coriander to a large skillet. Cover and cook over medium-low heat about 12 to 15 minutes, just until the carrots are tender.
- Uncover and cook, stirring constantly, until the carrots caramelize, about 6 more minutes. Sprinkle with black pepper and serve hot.