



A TASTEFUL PLACE AT THE DALLAS ARBORETUM

Carrots Vichy

Serves: 4

Ingredients:

- 1 lb carrots, peeled and cut into lengths of about ½ inch by 2 inches
- 2 tbsp butter
- 2 tbsp honey or maple syrup
- 1 tsp fresh flat leaf Italian parsley leaves, finely chopped
- ½ tsp fresh thyme leaves, finely chopped
- Salt and pepper to taste
- Cold water

Method :

- Place the sliced carrots into a large sauté pan and season with salt and pepper. Add the butter and allow to melt.
- Add enough cold water to reach halfway up the sides of the carrots and turn the heat to high to bring the liquid to a boil.
- Turn the heat down to medium and cook, stirring occasionally, until the carrots are just cooked through (about 15 minutes). If the pan appears to dry out during this process, add a little more water to it.
- Once the carrots are cooked through, add the honey or maple syrup, herbs, and season to taste with salt and pepper. Serve with a slotted spoon to release any liquid from the carrots.

