

CAROTES GLACEES POUR GARNITURES

Prepared by: Ryan McElwain, August 2016

Source: Auguste Escoffier, Le Guide Culinaire

New carrots are not parboiled; they are turned, whole, halved; or quartered, according to their size, and then trimmed. If old, they should be turned to the shape of elongated olives, and parboiled before set to cook.

Put the carrots in a saucepan with enough water to cover them well, one-half oz of salt, one oz of sugar and 2 oz of butter per pint of water.

Cook until the water has almost entirely evaporated, so that the reduction may have the consistency of a syrup. Saute the carrots in this reduction that they may be covered w/ a brilliant coat.

Cooks' Notes: *OOPS! As I was typing this I realized I never put the butter in. They were still delicious. Super easy. I recommend doing ¼ oz or 1/8 oz of salt pint of water. This dish was very dinner party friendly. You set on the stove top to simmer for ~30-40 min and then serve warm. If the syrup becomes too dry just add a little more water and heat.*

