

Chef Larry's Maple Glazed Carrots

Yield: 4 - 6 Servings

Ingredients:

1 lb. Carrots, batonette cut
1 tsp. Butter
1/2 tsp. Shallot, minced
1 tsp. Orange zest
1 tblspn. Walnuts, chopped
1 tsp. Parsley, chopped
1/4 cup Maple syrup
to season Salt
to season Fresh ground black pepper

Method:

Blanch (par-cook) carrots in lightly salted simmering water until tender but still firm (al dente)
Remove and immediately submerge in ice water. When well chilled, drain and reserve. Melt butter in a large sauté pan over medium heat. Add shallot and orange zest, sauté briefly. Add carrots and sauté until well heated. Add walnuts, parsley and maple syrup. Simmer for 2-3 minutes. Season with salt and pepper. Transfer to a warm bowl or platter for service.