

CARROTS



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Ginger Glazed Carrots

INGREDIENTS

- 3 cups Carrots, peeled, trimmed, and cut into ¼" coins
- 2 Tablespoons Olive Oil
- 2 Tablespoons shallot, minced
- 1 Tablespoon garlic, chopped well
- 2 Tablespoons fresh ginger root, finely minced or grated
- ¼ cup honey
- 1 ½ cups ginger ale
- Salt and Pepper to taste

PEAK SEASON

July–October

DIRECTIONS

- 1** In a large saute pan over medium-high heat, heat the oil, and then add the shallots and garlic. Cook until fragrant, then add the carrots, and toss to coat well with the oil. Cook, mixing frequently, for about 3-5 minutes, until the carrots start to change color and soften slightly.
- 2** Add the ginger and honey and mix well. Then add the ginger ale and bring up to a simmer.
- 3** Cook over medium heat until the carrots are soft, which should take about 15 minutes. If the pan runs dry, add a bit of water to keep a glaze forming around the carrots; if there is too much liquid, increase the heat to evaporate more rapidly.
- 4** When soft, season well with salt and pepper to your taste. Serve promptly.

*Recipe provided by
Eastern Market Chef
Aaron Egan*

