

Vichy Carrots

From Nelson's Kitchen
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Adapted from *French Food at Home* by Laura Calder

This is a simple dish, but there are several details that are important such as letting the carrots rest in the salt and sugar, and letting the warmed carrots rest.

Ingredients:

- 2 lb(s) carrots
- 4 Tbs butter
- 2 teaspoons of sugar
- 1/4 teaspoon of salt
- a handful of chopped fresh parsley
- 1 pinch baking soda
- 1 teaspoon of lemon juice

Procedure:

- Slice the carrots into coins.
- Put carrots in a large sautee pan and pulverize with sugar and salt and let stand for at least 20 minutes.
- Add the butter and 1/2 cup of water to the pan.
- Bring to a gentle simmer.
- Move pan away from the fire, cover and let stand for at least 20 minutes.
- Add a pinch of baking soda, turn the fire back on and cook, tossing occasionally, until the carrots are tender and the liquid has reduced to a glaze. Some caramelization is desirable.
- Scatter the parsley and lemon juice over, stir, and serve.