Cooking with Carrots



Carrots are one of the most popular and favored vegetables, and are probably one of the most versatile, as well, as they can be prepared both raw and cooked, imparting a fresh flavor to many recipes. The carrot gets its characteristic bright orange color from β-carotene, which is metabolized into vitamin A when digested. Only 3% of the β-carotene in raw carrots is released during digestion - but this can be improved to substantially by pulping, cooking and adding cooking oil. Urban legend says that carrots can help one see in the dark, which is an exaggeration - however, increased intake of carrots, and thus vitamin A, can improve sight that is failing due to a vitamin A deficient diet. Carrots are also rich in dietary fiber, antioxidants, and minerals.

# Cider-Glazed Spiced Carrots

[Adapted from a recipe by Melissa Roberts , that appeared in Gourmet, November 2007 issue]

2 pounds medium carrots (about 12), peeled

1 cup unfiltered apple cider

1/2 cup water

2 tablespoons unsalted butter, cut into bits (or margarine to make the recipe vegan)

1 tablespoon cider vinegar, or to taste

1 teaspoon cinnamon

1 teaspoon nutmeg

1 teaspoon cardamon

1. Cut out a round of wax paper to fit inside a 12-inch heavy skillet, then butter 1 side of wax paper.

2. Cut carrots into a the shape of a trapezoidal log

3. Add carrots to skillet with cider, water, butter/margarine, cinnamon, nutmeg, and cardamon, then cover with wax-paper round (buttered side down).

4. Simmer, stirring occasionally, until most of liquid has evaporated and carrots are tender and glazed. Cooking time is usually around 50 minutes.

5. Serve warm or chilled.

**Yields 8 servings.**