

Honey-Glazed Carrots
Recipe from Freda DeKnight
Adapted by Kayla Stewart

"The Ebony Test Kitchen, Where Black Cuisine was Celebrated, Is Born,"
The New York Times, February 18, 2022

Yield: 2 to 4 servings

Time: 40 minutes

INGREDIENTS

6 to 8 carrots, peeled
2 tablespoons orange juice
2 tablespoons honey
1 tablespoon butter
Salt
1 tablespoon finely chopped parsley

PREPARATION

1. Heat the oven to 350 degrees.
2. Fill an ovenproof skillet that can fit the carrots with 1 to 2 inches of water. Bring to a boil over high heat. Add the carrots and add more water if needed to cover the carrots. Reduce the heat to simmer the carrots until they're tender but not soft, about 15 minutes.
3. Pour the water out of the skillet, keeping the carrots in the skillet by holding them back with a spatula. Add the juice, honey and butter to the skillet and stir to mix (the butter may not melt all the way). Roll the carrots in the mixture, season them with salt and transfer to the oven.
4. Bake, gently rolling the carrots once, until the carrots are glazed, about 15 minutes. Season to taste with salt and sprinkle with parsley.