

Glazed Carrots

From page 254 in the Edna Lewis cookbook

Sun Cookery

INGREDIENTS

- 4 to 5 medium sized carrots
- 2 tablespoons butter
- 2 tablespoons cold water
- 1/2 teaspoon salt
- 2 teaspoons sugar

Scrape wash and dry the carrots with a clean cloth. Slice them into thin round slices about as thick as a nickel. Heat a heavy skillet and add the butter. When it foams and becomes very hot spill in the carrot slices stirring constantly for a few minutes. Sprinkle the cold water over the carrots and cover tightly. Turn the heat down to keep the contents from browning. After 4 minutes remove the cover stir the carrots and test for tenderness. If tender enough, sprinkle over the salt and sugar. Turn up the burner and stir briskly to melt the sugar without burning. Serve hot.



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