

Recipe No.	Name						Category
27.3	Honey-Glazed Carrots						Vegetables
Yield	Portion Size						No. Portions
2 lb. (0.9 kg)	3 oz. (85 g)						10
US Quantity	Metric Quantity	Ingredient					PHF (TCS)
2 lb.	0.9 kg	carrots, peeled and trimmed					
½ gal.	1.9 L	water					
1 Tbsp.	15 mL	salt					
2 oz.	60 g	butter					•
2 oz.	60 g	honey					
to taste		salt					
to taste		white pepper					
Method							CCP
<i>Blanching:</i>							
1. Cut carrots into desired shape such as rondelles, oblique, or batonnets.							
2. In a large pot, bring the water and salt to a boil.							
3. Add the carrots to the pot and cook covered at a rapid boil until the carrots are tender. Test by piercing a piece of carrot with a paring knife.							
4. Shock the carrots in ice water. Drain and hold at or below 41°F (5°C) until service.							CCP
<i>Finishing:</i>							
5. Bring a pot of water large enough to hold a strainer to a boil.							
6. Place the carrots in the strainer and lower into the boiling water to reheat.							
7. Melt the butter and honey in a large sauteuse.							
8. Drain the carrots and toss them with the butter and honey. Season with salt and pepper.							
Portion (g)	Calories	Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
100	89	4.51	0.68	11.78	11.87	381.17	2.66

**Note:** Other sweet ingredients can be substituted for the honey, including maple syrup, brown sugar, and orange juice concentrate.