

Karotten mit Zitronen-Orangen-Glasur

494

Typ: Gemüse

Quelle: Good Housekeeping Sonderheft 2009

Bemerkungen: LEMON AND ORANGE CARROTS

Hands-on time 5min.

Cooking time
about 15min.

Serves 8

Zutaten:

900g (2lb) carrots, cut into long batons

150ml (Vi pint) each orange juice and dry white wine

Juice of 2 lemons

50g (2oz) butter

3tbsp light muscovado sugar

4tbsp fresh coriander, roughly chopped, to serve

Rezept:

1 Put the carrots into a pan with the orange Juice, white wine, lemon Juice, butter and muscovado sugar. Cover and bring to the boil.

2 Remove the lid, then bubble vigorously until the carrots are tender and almost all the liquid has evaporated -this will take 10-15min. Sprinkle with the coriander to serve.