

Roasted Carrots in Orange Coriander Glaze

By Camine Pappas, August 2013



Ingredients:

- 5 or 5 large carrots washed and cut into long strips (I did not peel these but washed them thoroughly!)
- 1 ½ T olive oil or light oil if you prefer
- Salt and pepper
- ¼ C orange juice
- Zest from one orange
- ½ C simple syrup (I had this premade as I keep some in the fridge at all times – Simple syrup is 1 part water to 1 part sugar. Dissolve in water, and bring to a boil. Boil for 5 minutes and then remove from heat and cool to room temp.)
- 1 pinch of salt
- 1t corn starch
- ¼ T cinnamon pear balsamic vinegar

Toss carrots in oil and sprinkle with salt and pepper and place on large baking sheet. Bake in 425 degree oven for 20 minutes. Remove and place in glass bowl and let sit for 15 minutes.

Add all liquid ingredients except vinegar for glaze in small saucepan and bring to boil, whisking the whole time. Add the cornstarch and stir until it starts to barely thicken, hardly any evidence of it happening but the mixture should have reduced by about a third. Then add the vinegar. Let it sit on stove for 20 minutes and cool slightly. Stir from time to time.

Toss with carrots, top with small slice of orange for garnish. Place in fridge and serve cold with other picnic foods.

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