



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Glazed Carrots**

### **Ingredients: 4 portions**

400g 1lb carrots  
25g 1oz butter  
pinch of sugar and salt  
water

### **Method:**

1. Peel and wash the carrots
2. Cut into neat even pieces
3. Place in a pan with the salt, sugar and butter.
4. Barely cover with water
5. Cook steady until all water is evaporated (if carrots are not cooked at this stage add a little extra water)
6. Once water is evaporated. Toss the carrots over a fierce heat for 1-2 min in order to give them a glaze (do not brown)
7. Serve