

Carrots in Their Own Juices

Ingredients

2 lb. **or** 8 medium carrots
2 Tbs. (1/4 stick) butter
1/4 cup all-purpose flour
handful of parsley
1/3 cup heavy cream
1 orange
salt
fresh ground black pepper
water

Cooking Utensils

knife and cutting board
measuring cup
vegetable peeler
cookpot
large mixing bowl
strainer
wooden spoon
colander

Serving Utensils

serving dish
serving spoon

This dish is seasoned to taste. Slice the carrots and chop the parsley. Juice and strain the orange. Soften the butter in the mixing bowl. The dish can be prepared up to this point in advance. Boil enough salted water to cover the carrots in a cookpot on the stove over medium high heat. When the water is boiling, add the carrots and cook 15 to 20 minutes or until tender. While the carrots are cooking, mix the softened butter with the flour, chopped parsley, and cream. Drain the carrots in the colander and reserve 1 cup of the cooking liquid. Add the liquid to the cream mixture. Stir well to create a smooth mixture. Add the carrots and return the mixture to the cookpot. Gently reheat the mixture on medium heat until the sauce thickens. Do not boil the sauce or it will curdle. Add the orange juice, salt, and pepper. Stir well and serve hot.