

ROASTED CARROTS

with a Balsamic and Syrup Reduction

Around here the root vegetables are bursting from the still-warm-from-summer-soil. I chose to prepare a delicious dish with carrots to share with you. In the fall I love roasting them in the oven with a bit of dijon and maple syrup. Roasting carrots brings out their sweetness which is enhanced with a balsamic reduction in this recipe. You can pick carrots from your garden or find them at the local farmers' market. I used both orange and purple in the recipe but use whatever you can find that looks fresh and colorful. Happy cooking.

Ingredients.

2 lbs organic carrots
1/4 cup extra virgin olive oil
2 Tbs. dijon mustard
1/2 cup plus 2 Tbs. real maple syrup
1/2 cup balsamic vinegar
chevre (goat cheese)
1/2 tsp. kosher salt
1/4 tsp. freshly ground black pepper

Directions.

Wash and trim the tips and tops off your carrots. Halve smaller carrots, quarter larger carrots so they are uniform in size. Place in a large bowl.

Whip together 2 tablespoons maple syrup, the dijon mustard and extra virgin olive oil in a small bowl. Pour the marinade over the carrots. Season with the salt and pepper. Toss to coat. Dump the contents of the bowl onto a large cookie sheet that has been lined with aluminum foil.

Place the carrots in a cold oven, then turn it to 425°F. Toss and flip the carrots every 10 minutes until they are vibrant and caramelized. About 30 minutes.

Meanwhile combine the 1/2 cup of balsamic vinegar and 1/2 cup of maple syrup in a small saucepan. Simmer over medium heat, whisking occasionally, until it has reduced to 2/3 cup. About 10 minutes.

Remove the carrots from the oven and transfer to a serving dish. Drizzle the carrots with the balsamic reduction and, using your fingers to break it up, sprinkle with a couple tablespoons of the goat cheese. Serve immediately with the extra balsamic reduction on the side for those who wish to add more.

RECIPE BY KACIE MCMACKIN

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