

Cook the Book: Braised Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces carrots with their greens
- ☐ 0.5 cup chicken stock see
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 pinch granulated sugar
- ☐ 1 pinch ground coriander
- ☐ 4 servings pepper black finely
- ☐ 1 cranberry-orange relish
- ☐ 1 tablespoon red wine vinegar

- ☐ 4 servings sea salt fine
- ☐ 4 servings pepper black freshly ground fine
- ☐ 2 ounces butter unsalted
- ☐ 0.5 cup onion yellow finely chopped

Equipment

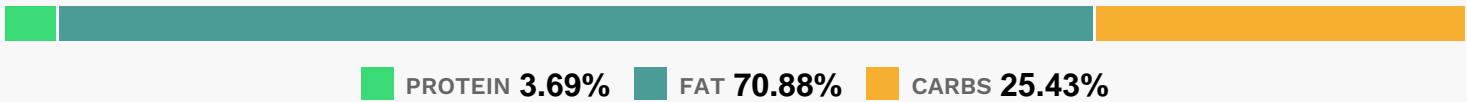
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ peeler

Directions

- ☐ Bring a small pot of water to a boil. With a vegetable peeler, peel the zest in strips from the orange, avoiding the white pith. Finely chop the zest, place in a small strainer, and dip into the boiling water to blanch for a minute. Rinse zest under cold water; drain on a paper towel.
- ☐ Spread zest on a plate; allow to dry at room temperature for 24 hours, or dry in the microwave for 3 to 4 minutes. Set aside.
- ☐ Squeeze 1/2 cup juice from the orange. Set aside.
- ☐ Cut off carrot greens and reserve. Peel and trim carrots.
- ☐ In a sauté pan large enough to hold the carrots in a single layer, melt 2 tablespoons of butter over medium-high heat.
- ☐ Add the onion; sauté for 30 seconds.
- ☐ Add the orange juice, sugar, a pinch of salt, the coriander, and carrots. Bring to a simmer, cover, reduce the heat, and simmer for 5 minutes.

- ☐ Add the chicken stock; simmer for 15 minutes or until the carrots are tender when pierced with the tip of a knife. Meanwhile, bring a medium pot of water to a boil, and fill a medium bowl with ice water. Pick the leaves from the carrot greens and discard the stems. Break leaves into 1- to 2-inch pieces. There should be about 1 cup of loosely packed greens. Blanch greens in the boiling water for about 15 seconds.
- ☐ Drain in a strainer, and immediately plunge strainer into ice water to stop the cooking. When the greens are cold, lift strainer, drain well, and dry greens on paper towels.
- ☐ When the carrots are tender, transfer them to a plate; cover loosely to keep warm. If there is more than 1/2 cup liquid remaining in pan, return pan to burner and simmer to reduce to 1/2 cup.
- ☐ Combine the cooking liquid and the remaining 2 tablespoons butter in a blender, add carrot greens, and blend until smooth. Season to taste with salt and pepper. (There will be about 1/2 cup sauce.)
- ☐ Gently toss the mâche with the oil, vinegar, sugar, and salt; add pepper to taste.
- ☐ Serve the carrots family-style on a platter, arranged in a bunch with the mâche at the top and the sauce poured along one side, or serve 2 carrots per plate with a small mound of mâche and the sauce spooned onto the side.
- ☐ Sprinkle the carrots with the orange zest.
- ☐ Photograph courtesy Artisan Books

Nutrition Facts



Properties

Glycemic Index:62.61, Glycemic Load:4.62, Inflammation Score:-10, Nutrition Score:11.422173915998%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 235.5kcal (11.77%), Fat: 19.17g (29.5%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.81g (4.29%), Sugar: 8.67g (9.64%), Cholesterol: 31.38mg (10.46%), Sodium: 298.3mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin A: 14638.52IU (292.77%), Vitamin C: 24.05mg (29.15%), Vitamin K: 16.9µg (16.1%), Fiber: 3.66g (14.65%), Vitamin E: 1.97mg (13.15%), Potassium: 402.94mg (11.51%), Manganese: 0.19mg (9.43%), Vitamin B6: 0.18mg (9.02%), Folate: 31.74µg (7.94%), Vitamin B3: 1.44mg (7.2%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.1mg (5.84%), Phosphorus: 53.29mg (5.33%), Calcium: 53.14mg (5.31%), Magnesium: 18.29mg (4.57%), Copper: 0.08mg (4.25%), Vitamin B5: 0.36mg (3.57%), Iron: 0.51mg (2.85%), Zinc: 0.33mg (2.21%), Selenium: 1.23µg (1.75%), Vitamin D: 0.21µg (1.42%)