

Chef Larry's Carrots Vichy

Yield: 4 - 6 Servings

Ingredients:

1 lb. Baby carrots or carrots, batonette cut (thick matchstick cut)

1 1/2 tsp. Butter

1/2 tsp. Shallot, minced

1 tsp. Parsley, chopped

to season Salt

to season Fresh ground black pepper

Method:

Blanch (par-cook) carrots in lightly salted simmering water until tender but still firm (al dente) Remove and immediately submerge in ice water. When well chilled, drain and reserve. Melt butter in a large sauté pan over medium heat. Add shallot and sauté briefly. Add carrots and sauté until well heated, 3 – 4 minutes. Add parsley and season with salt and pepper. Transfer to a warm bowl or platter for service.