

Sous Vide Glazed Carrots

Glazed sous-vide carrots. [Photographs: J. Kenji Lopez-Alt]

YIELD: Serves 4 to 6
RATED: 4.5

ACTIVE TIME: 10 minutes

TOTAL TIME: About 1 hour



INGREDIENTS

1 pound baby whole baby carrots, peeled or well-scrubbed, or 1 pound medium to large carrots, peeled and cut into 1-inch chunks

2 tablespoons (30g) unsalted butter

1 tablespoon (12g) granulated sugar

Kosher salt

Freshly ground black pepper

1 tablespoon (15ml) chopped parsley (optional)

DIRECTIONS

1. Preheat **sous-vide precision cooker** (<http://anovaculinary.com/anova-precision-cooker/>) to 183°F. Place carrots, butter, sugar, and 1/2 teaspoon kosher salt in a vacuum bag and seal according to manufacturer's instructions. Cook carrots in the water bath until fully tender, about 1 hour. At this point, carrots can be stored in refrigerator for up to 1 week.
2. Empty entire contents of bag into a 12-inch, heavy-bottomed skillet and cook over high heat, stirring constantly, until liquid has reduced to a shiny glaze, about 2 minutes. Season to taste with salt and pepper, stir in parsley, and serve. If glaze breaks and turns greasy, add water a teaspoon at a time, shaking pan to re-form glaze.