

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Total Time: 25 minutes
- Yield: 4 servings
- Cooking Intensity Level: Medium-Low to Medium-High (Controlled heat transition)
- Skill Level: Beginner-Friendly

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Cooking Intensity & Heat Control Guide

Mastering glazed vegetables relies heavily on proper heat management. Here is how the heat intensity shifts throughout the recipe to ensure the carrots cook through without burning the sugars:

- Medium-High Heat (Initial Simmer): Used during the brief boiling phase to soften the carrots slightly and kickstart the reduction of the butter and honey glaze.
- Medium Heat (Sauté & Reduction): Allows the liquids to reduce into a glossy, syrup-like consistency while coating each carrot evenly.
- Medium-Low Heat (Final Glazing & Caramelization): Gentle heat caramelizes the natural sugars and honey onto the carrots, creating a rich shine and deep flavor without scorching.

Ingredients

Primary Ingredients:

- Fresh Carrots: 1.5 lbs (about 680g), peeled and sliced diagonally into 1/2-inch thick coins (or cut into 2-inch sticks)
- Unsalted Butter: 3 tablespoons (45g)
- Honey: 3 tablespoons (45ml) — *may substitute with pure maple syrup for a vegan variation*
- Apple Cider Vinegar: 1 tablespoon (15ml) — *adds brightness to cut through the richness*

Seasoning & Garnishes:

- Fine Sea Salt: 1/2 teaspoon (adjust to taste)
- Freshly Ground Black Pepper: 1/4 teaspoon
- Fresh Thyme Leaves: 1 teaspoon, finely chopped (plus extra sprigs for garnish)
- Fresh Parsley: 1 tablespoon, finely chopped (optional finish)

Step-by-Step Cooking Instructions

Step 1: Prep the Carrots

1. Wash, peel, and trim the ends of 1.5 lbs of carrots.
2. Slice the carrots uniformly on a slight diagonal into 1/2-inch thick slices. *Uniformity is key to ensure all pieces cook at the exact same rate.*

Step 2: Par-Boil for Tender Texture (Medium-High Intensity)

1. Place the prepared carrots in a large skillet or wide saucepan.
2. Add about 1/2 cup of water and 1/4 teaspoon of salt.
3. Bring the water to a boil over medium-high heat. Cover the skillet with a lid and steam for 5 to 6 minutes, or until the carrots are just tender-crisp when pierced with a fork.
4. Remove the lid and let any remaining liquid evaporate completely (about 1 to 2 minutes).

Step 3: Create the Honey Butter Glaze (Medium Intensity)

1. Push the carrots slightly to the sides of the skillet and add 3 tablespoons of unsalted butter directly to the center.
2. Once melted, pour in 3 tablespoons of honey and 1 tablespoon of apple cider vinegar.
3. Stir the carrots into the mixture, tossing gently to coat every piece.
4. Sprinkle in the chopped fresh thyme, remaining salt, and freshly ground black pepper.

Step 4: Glaze and Caramelize (Medium-Low Intensity)

1. Reduce the heat to medium-low. Cook uncovered for 5 to 7 minutes, stirring frequently.
2. As the liquid bubbles, it will reduce into a rich, glossy glaze that clings to the carrots.
3. Watch closely during the last 2 minutes: the sugars will begin to lightly brown (caramelize), enhancing the flavor and deep color of the dish.

Step 5: Final Touches & Serving

1. Remove the skillet from heat.
2. Taste and adjust seasoning with an extra pinch of salt or pepper if desired.
3. Transfer the glazed carrots to a warm serving platter and garnish with fresh parsley and sprigs of thyme. Serve immediately.

Chef's Tips & Variations

- Carrot Selection: Rainbow carrots (purple, yellow, and orange) add striking visual appeal to holiday tables.
- Garlic Herb Twist: Add 1 clove of minced garlic along with the butter for a savory, aromatic kick.
- Nutty Crunch: Top with 2 tablespoons of toasted sliced almonds or chopped pecans just before serving for added texture.

Storage & Reheating Instructions

- Refrigeration: Store cooled leftovers in an airtight container in the refrigerator for up to 4 days.

- Reheating: Warm in a skillet over low heat with a tiny splash of water or butter until heated through. Alternatively, microwave on medium power in 30-second intervals.

Complete Nutritional Information

(Calculated per serving based on 4 total portions)

Nutrient	Amount per Serving	% Daily Value*
Calories	175 kcal	—
Total Fat	8.8g	11%
Saturated Fat	5.5g	28%
Trans Fat	0g	—
Cholesterol	23mg	8%
Sodium	340mg	15%
Total Carbohydrates	24g	9%
Dietary Fiber	3.8g	14%
Total Sugars	18g	—
<i>(Includes Added Sugars)</i>	<i>(13g)</i>	<i>(26%)</i>
Protein	1.5g	3%
Vitamin D	0.2mcg	1%
Calcium	48mg	4%
Iron	0.6mg	3%
Potassium	380mg	8%
Vitamin A	12,100 IU	240%