

Sherry Simmered Carrots

Holland House Cooking Wines
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Servings: 8

2 tablespoons butter
2 tablespoons packed brown sugar
1 1/2 pounds (5 cups) petite-cut carrots
1 teaspoon dried sage
1 1/3 cups Holland House sherry cooking wine or marsala cooking wine
2 teaspoons cornstarch
zest of one lemon, finely shredded
1 teaspoon Dijon mustard
toasted pecans (optional)

In a 12-inch skillet, melt the butter with the sugar and sage.

Cook over medium heat until foamy, about 2 minutes.

Increase the heat and stir in the carrots.

Add one cup of the wine. Bring to a boil.

Cover, slightly reduce the heat, and boil for 8 minutes.

In a bowl, add the cornstarch and lemon zest to the remaining wine. Stir well to dissolve the cornstarch.

When the carrots have cooked, add the sherry-cornstarch mixture.

Stir constantly and cook for 1 to 2 minutes or until the sauce has thickened slightly.

Remove from the heat and stir in Dijon mustard.

Serve garnished with pecans.

Per Serving (excluding unknown items): 42 Calories; 3g Fat (61.4% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.