

Islander Ginger Beer Glazed Carrots

- ½ stick butter
- 2 Tbsp. orange infused olive oil
- ¼ cup thinly sliced fresh gingerroot, peeled
- 1 garlic clove, minced
- 2 lbs. organic carrots, (Rainbow variety carrots make for a very pretty finish) sliced into sticks, rounds or ovals
- ½ cup orange juice
- ½ bottle Islander Ginger Beer
- Sea Salt and pepper to taste
- ½ cup minced parsley (or if you care cooking with local carrots, use the fresh carrot tops)
- ½ tsp ground cardamom



Heat butter and orange infused olive oil in a sauté pan over high heat just until the butter melts. Add the carrots, ginger root and garlic and sauté, stirring frequently, about 5 minutes. Add orange juice and Islander Ginger Beer; bring to a simmer. Reduce heat, season to taste with sea salt and pepper.

Cover and continue cooking over low heat about 10 minutes or until carrots are tender. Uncover and allow the liquid in the pan to reduce to a glaze. Adjust seasonings to taste, finish with chopped parsley and a sprinkling of ground cardamom.



*Recipe by Culinary Expert, Heidi Billotto:
HeidiBillottoFood.com*

*Read more about Islander Ginger Beer at
CharlotteLivingMagazine.com*