

Carrots and Parsnips with Caraway-Cider Glaze

Season's Best Sides | November 2008



Mix boiled apple cider with honey, butter, and caraway for the make-ahead glaze.

PREP: 25 MINUTES COOK: 20 MINUTES

- 1½ TSP. CARAWAY SEEDS
- 1 CUP APPLE CIDER
- ¼ CUP UNSALTED BUTTER
- 2 TBSP. HONEY
- ¾ TSP. SALT, DIVIDED
- ½ TSP. FRESHLY GROUND PEPPER
- 2 LB. CARROTS, PEELED AND SLICED ¼ INCH THICK
- 1 LB. PARSNIPS, PEELED AND SLICED ¼ INCH THICK

In a small skillet toast caraway seeds over medium heat for 3 to 4 minutes or until fragrant. Remove from heat and cool slightly. Crush with a mortar and pestle. Set aside.

In a small saucepan bring cider to boiling. Boil gently, uncovered, until reduced to ¼ cup, about 15 minutes. Add caraway seeds, butter, honey, ¼ teaspoon salt, and pepper. Cook, uncovered, about 4 minutes or until mixture is the consistency of syrup.

While syrup reduces, in a 4- to 5-quart Dutch oven add carrots, parsnips, and remaining ½ teaspoon salt to a small amount of boiling water. Cook, covered, 10 to 12 minutes or until just tender. Drain; return to pan. Toss with cider-syrup mixture. Heat over medium heat 2 minutes or until heated through, gently stirring occasionally. Makes 8 to 10 servings.

MAKE AHEAD: Prepare syrup; transfer to a small bowl, cover, and chill up to 24 hours. Cook carrots and parsnips, drain, and cool; chill up to 24 hours in a sealable storage bag. To reheat, place carrots and parsnips in a 4- to 5-quart Dutch oven; add syrup. Heat over medium heat, stirring occasionally.

Per serving: 173 cal., 6 g total fat (4 g sat. fat), 15 mg chol., 205 mg sodium, 29 g carbo., 6 g dietary fiber, 2 g protein.