

Glazed Carrots with Braised Lettuce



Ingredients:

- 1 bunch carrots, peeled & trimmed, 1 inch top remaining
- 1 tsp. sugar or to taste
- 1/2 tsp sea salt
- 1 1/2 tsp. white wine vinegar
- 1 bay leaf
- 2 tbsp. unsalted butter
- A few grinds white pepper
- 6 lettuce leaves, larger one torn

Method: Place everything, except the lettuce, in a 12-inch, heavy bottomed sauté pan. Add about 1 cup of cold water to the pan, or just enough to reach an 1/8 inch from the tops of the carrots. (Don't add more than a 1 1/2 cups to start). Place the pan over high heat and bring to a boil. The idea here is to have the water all but evaporate at the same time as the carrots finish cooking, leaving you with a rich and delicious glaze to coat and be poured over the dish. If the water seems to be evaporating before the carrots are close to being done, you can add a little more. At the same time, if the carrots seem to be getting too done, remove them from the pan. Reduce the glaze, and then at the end, add the carrots back to warm them and to cook the lettuce. As the water gets close to being gone, add the lettuce. Let the lettuce wilt and get soft (this will only take about 30 seconds). You want it to be vibrant green but tender like cooked spinach. Taste and adjust the seasoning. Plate, drizzle the glaze over the veggies and serve. Garnish with chopped fresh herbs.