

## **Braised Carrots With Crispy Sage**

One of the great pleasures of having a herb garden is to walk outside and get a little of what you need. In this excellent recipe for carrots, the sage is fried in EVO first, then the carrots are cooked in the fragrant sage oil. I make them in the fall too before the sage dies back. They are very good with roast turkey!

Makes 6 Servings.

3 Tbsp. EVO  
20 fresh sage leaves, rinsed & thoroughly dried  
2 lbs. carrots, cut diagonally into 1 1/2" pieces  
1 cup chicken stock or low salt chicken broth\*\*  
1 cup water  
1/4 cup minced onion  
3/4 tsp. salt  
1/4 tsp. freshly ground black pepper

\*NB: when I use my homemade stock I use 2 cups of stock and no water.

Heat EVO in a 12" straight-sided heavy skillet over moderate heat until hot but not smoking, then fry the sage leaves, stirring, until just crisp, 1 – 2 minutes. Transfer with a slotted spoon to paper towels to drain. Add the carrots to the oil in the skillet and cook, stirring occasionally, until beginning to brown, about 8 minutes. Stir in remaining ingredients & simmer, 10 – 15 minutes. Remove lid & boil, stirring occasionally, until liquid is reduced to a glaze, about 10 minutes.; season with salt & pepper. Place in a warm serving bowl & scatter the sage leaves over top.

**\*\*If you would like to make your own stock, please go to [Making Stock](#).**