

Salt and Serenity

Pomegranate Molasses Glazed Carrots

Adapted from Melissa Clark's recipe for Pomegranate Roasted Carrots in her book, **"In the Kitchen with a Good Appetite."**

1 pound carrots (rainbow carrots if you can find them), peeled and cut into ½ inch thick slices on the diagonal
1 tablespoon olive oil
¼ teaspoon cayenne pepper
½ teaspoon Kosher salt
¼ teaspoon freshly ground black pepper
1 Tablespoon Pomegranate Molasses
1 Tablespoon Honey
Seeds from ½ a pomegranate
2 tablespoons flat leaf parsley, coarsely chopped

1. Preheat oven to 425°F.
2. Bring a large pot of water to a boil. Add 2 Tablespoons of Kosher salt. Add carrots to boiling water and cook for 2 minutes. Drain carrots and lay in a single layer on some paper towels to dry for a few minutes.
3. In a large mixing bowl, toss carrots with olive oil, cayenne, salt and black pepper. Do not wash mixing bowl. Set it aside to use in step 5.
4. Spread carrots out in a single layer in a roasting pan or on a baking sheet. Roast for 20 minutes. Remove from oven, stir well and roast for an additional 20 minutes.
5. In the large mixing bowl, whisk together pomegranate molasses and honey. Transfer roasted carrots back into the bowl and mix well to thoroughly coat the carrots. Dump carrots back onto the baking sheet and roast for an additional 5-10 minutes until beginning to brown. Do not let burn.
6. Transfer to serving platter. Garnish with pomegranate seeds and chopped parsley.

Arrange a rack in upper third of oven; preheat to 425°. Combine carrots and oil in a medium heatproof bowl. Season with salt and pepper and toss to coat. Transfer to a rimmed baking sheet, spreading out in an even layer (set aside bowl).

Roast carrots, turning occasionally, until just tender, 12-15 minutes.

Meanwhile, whisk honey and pomegranate molasses to blend in reserved bowl.

Transfer carrots to bowl with honey mixture; toss to coat well and spread out on baking sheet, scraping out any remaining glaze from bowl.

Roast carrots until glaze is reduced and sticky and beginning to brown in spots (but not burned), 5-8 minutes longer.