

YIELD: 8

Maple Bourbon Sous Vide

Carrots

This simple recipe for sous vide carrots makes a delicious side dish. Carrots are cooked to precise crispness and glazed with a maple bourbon sauce.



PREP TIME

5 minutes

COOK TIME

1 hour

ADDITIONAL TIME

5 minutes

TOTAL TIME

1 hour 10 minutes

Ingredients

- 1 pound carrots
- 2 Tablespoons butter
- 1 Tablespoon maple syrup
- salt and pepper to taste
- 2 Tablespoon bourbon

Instructions

1. Set up your sous vide immersion cooker and set it to 183 F.
2. Cut the carrots if necessary so they are a uniform size. If leaving them whole make them not wider than 1/2 an inch. Or slice them into half inch rounds.
3. Put the carrots, butter and maple syrup in a vacuum bag. Add salt and pepper if desired. Seal the bag.
4. If using a zipper sealed instead of a vacuum sealer the bag is likely to float during cooking. Be prepared to weigh it down.
5. Once the sous vide reaches 183 F add the carrots to the water bath. Let them cook for at least one hour. They can cook up to three hours with no loss of flavor.
6. If you aren't serving the carrots right away put the bag in the refrigerator. Continue with the next step when you are ready to serve them.
7. Put a heavy skillet over medium-high heat. When it is hot open the bag of carrots and dump them in the skillet along with all the contents of the bag.

8. Stir the carrots and let them cook and start to caramelize. After 2 minutes add the bourbon to the skillet if desired.
9. Continue to cook, stirring, for another 2 minutes until the carrots are nicely shiny and glazed.

Notes

If you use purple carrots the color will bleed into the orange carrots.

If you don't want to use bourbon leave it out, the carrots will still taste delicious.

The carrots will keep for a week in the refrigerator if you want to sous vide this ahead of time and finish the recipe later.

Nutrition Information: YIELD: 8 SERVING SIZE: 1

Amount Per Serving: CALORIES: 58 TOTAL FAT: 3g SATURATED FAT: 2g TRANS FAT: 0g
UNSATURATED FAT: 1g CHOLESTEROL: 8mg SODIUM: 93mg CARBOHYDRATES: 6g FIBER: 2g
SUGAR: 3g PROTEIN: 0g

Nutrition facts are estimates.



Did you make this recipe?

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