

# Betty's Red Cinnamon Candy Carrots



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In this video, Betty demonstrates how to make Red Cinnamon Candy Carrots. These carrots are gorgeous, and the taste is superb! They are great at a holiday table.

## Ingredients:

6 large or 8 medium raw carrots  
1 cup sugar  
1/2 cup red cinnamon candies (red hots or cinnamon imperials)  
2 1/2 cups water  
1/2 teaspoon red food coloring (optional)

In a medium-sized saucepan, combine 1 cup sugar, 1/2 cup red cinnamon candies, 2 1/2 cups water, and 1/2 teaspoon red food coloring. Stir well, and then place over medium heat until the mixture comes to a boil. Turn the heat to low, and cook and stir for 5 minutes. Remove from heat and set aside while preparing carrots. Peel 6 to 8 carrots and then divide each of them into two halves. Split each half lengthwise, and then chop into 1/4-inch slices. Place the prepared carrots carefully in the hot cinnamon, sugar, water, and food coloring mixture. Place over heat, bring back to a boil, and cook for 12 to 15 minutes. Test the carrots for tenderness using a fork. The carrots should be soft, but not mushy. A fork will meet with some resistance, but the carrots will no longer be crisp and crunchy. Remove the saucepan from heat, and carefully remove the cinnamon carrots from the hot liquid. Place the Red Cinnamon Candy Carrots in a clear serving bowl using a slotted spoon. Let cool before serving. You may serve them at room temperature or chill them overnight and serve them cold. The leftover liquid may be reused (for more carrots, or apples, pears, and other fruit) and may be saved in a jar in the refrigerator for up to a week. These carrots are dramatic and add flair to any meal. I hope you enjoy serving them at your holiday meal!  
--Betty