

Betty's Fresh Cooked Carrots



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In this video, Betty demonstrates how to make Kitchen Cooked Carrots. These are fresh carrots that are attractively sliced and boiled until tender.

Ingredients:

6 large fresh uncooked carrots, peeled
½ teaspoon to 1 teaspoon salt
1 inch of water in pot

Use a chef's knife to cut a slice from each of four sides of the carrot, so that they have a squared-off appearance. Slice into ¼-inch slices. Place 1 inch water into a pot and bring it to a boil. Add ½ teaspoon to 1 teaspoon salt. Add carrot slices and cover with a lid. Bring back to a boil. Reduce heat and continue to cook carrots until fork-tender. Drain with a colander and place in a nice serving bowl. This is a simple, colorful, healthy, and tasty vegetable to accompany an elaborate meal. Enjoy!!! --Betty ☐