

## HOW TO BARBECUE CARROTS



1. I once considered carrots too crunchy to barbecue, then I realised that I should just boil them first to make them tender. Now they are one of my favourite side dishes, especially when I find young carrots with their tops still attached. They are so sweet and fabulous.



2. Trim off the tops and leaves 2.5 cm (1 inch) or so above the end of each carrot. Next, peel the carrots and blanch them in boiling salted water until they are barely tender.



3. Stop the cooking by plunging the carrots in a bowl of iced water. At this point, you could drain the carrots and set them aside for several hours before barbecuing them.



4. When you are ready to grill, coat the carrots in a bowl with melted butter, honey, orange rind and a little balsamic vinegar.



5. Arrange the carrots more or less perpendicular to the bars of the cooking grill so that you don't lose any. Barbecue them over direct medium heat until they develop handsome grill stripes.



6. Finally, return the carrots to the bowl with the glaze and coat them again for extra flavour.

## ORANGE-GLAZED CARROTS

**SERVES:** 4 TO 6

**PREP TIME:** 8 TO 10 MINUTES

**HEAT:** DIRECT MEDIUM HEAT 180° TO 230°C (350° TO 450°F)

**COOKING TIME:** 4 TO 6 MINUTES

2¼ teaspoons sea salt

12 carrots, each 15 to 20 cm (6 to 8 inches) long and about 2.5 cm (1 inch) wide at the top, peeled and trimmed

3 tablespoons unsalted butter, melted

40 g (1½ oz) runny honey or maple syrup

2 teaspoons finely grated orange rind

2 teaspoons balsamic vinegar

2 tablespoons finely chopped flat-leaf parsley

Orange wedges, to serve (optional)

1. Fill a large saucepan with water to within a few centimetres (inches) of the top. Add 2 teaspoons of the salt to the water and bring to the boil over a high heat. Add the carrots to the boiling water and cook for 4 to 6 minutes until tender but still crisp. Remove the carrots from the saucepan and plunge into a bowl of iced water to cool them rapidly, then remove them from the water and drain.

2. Prepare the barbecue for direct cooking over a medium heat.

3. Combine the melted butter, honey, orange rind, vinegar and the remaining ¼ teaspoon of salt in a large bowl. Add the carrots to the bowl and toss to coat them evenly.

4. Brush the cooking grills clean. Remove the carrots from the bowl and let the excess butter mixture drip back into the bowl. Set the bowl aside. Barbecue the carrots over **direct medium heat** for 4 to 6 minutes, with the lid closed as much as possible but turning occasionally, until lightly caramelised. Place the carrots back into the bowl with the remaining butter mixture. Toss to coat thoroughly. Sprinkle with the parsley and serve warm with orange wedges for squeezing over, if desired.

