

A decorative border with a repeating floral and leaf pattern, rendered in a light gray color, framing the text.

Ginger Glazed Carrots

1 pound carrots
1/2 tablespoons salt
1 teaspoons pepper
2 tablespoons Old Friends
Farm Ginger Syrup
2 tablespoons fat (olive oil,
butter, coconut oil, lard, etc.)

Preheat oven to 400 degrees.
Chop veggies into roughly 1
inch pieces. Combine all
ingredients and place in a
single layer in a roasting pan or
cast iron skillet. Roast in oven
for 20-25 minutes, or until
tender and slightly
caramelized.

Alternatively, use a frying pan,
cook covered until crispy-
tender; uncover and turn heat
to high, stirring constantly,
until liquid reduces and
caramelizes carrots (usually
less than 4 minutes).