

## Cider-braised Carrots

Serves 4-6 | 15 minutes prep + 35 minutes cook time

Those trees that Johnny Appleseed planted across early America grew fruit for making hard cider, a drink safer than water in those days. Old recipes using cider for cooking go back to the 1800s, when it was used for the same reason. While our water may be cleaner these days, using hard cider adds a subtle, fruity flavor to these simple braised carrots.

**6 medium carrots, split  
lengthwise into quarters, cut  
into 2 inch lengths**

**1 tablespoon extra virgin olive  
oil**

**1 tablespoon butter**

**½ cup Mill A Sunsetter hard  
cider**

**2 tablespoons maple syrup**

**½-1 teaspoon RGF kosher or  
fine sea salt**

**Step 1** Cook the carrots in the olive oil and butter in a skillet over medium heat for about 10 minutes.

**Step 2** Add the salt, cider, and maple syrup and stir to combine. Cover and simmer for 20-25 minutes until the carrots are tender.

**Step 3** Remove the carrots and cook until the liquid has reduced to a sticky glaze. Pour over the cooked carrots.