

Honey Roasted Carrots



| Recipe Rating | |
|---------------|------------|
| Total Time | 60 Minutes |
| Cooking Time | 40 Minutes |
| Total Labour | 20 Minutes |

| Equipment |
|---|
| Chef's knife/Peeler/Cutting Board |
| Spoon |
| ½ size- 2" deep production pans |
| Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart |

| Nutrition Facts | |
|---|----------------------|
| Valeur nutritive | |
| Per 1 serv (82g) / par 1 serv (82g) | |
| Amount | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories 80 | |
| Fat / Lipides 4.5g | 7% |
| Saturated / satures .5g | |
| + Trans / trans 0g | 3% |
| Cholesterol / Cholesterol 0mg | |
| Sodium / Sodium 75mg | 3% |
| Carbohydrate / Glucides 10g | 3% |
| Fibre / Fibres 2g | 8% |
| Sugars / Sucres 6g | |
| Protein / Proteines less than 1g | |
| Vitamin A / Vitamine A | |
| Vitamin C / Vitamine C | 4% |
| Calcium / Calcium | 2% |
| Iron / Fer | 2% |

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| | 25 Portions | | 50 Portions | |
|-------------------------|-------------|-----------|-------------|----------|
| | Metric | Standard | Metric | Standard |
| Carrots, Fresh, Sliced | 2 Kg | 4.4 Lbs | 4 Kg | 8.8 Lbs |
| Olive Oil, Extra Virgin | 120 mL | 4.1 fl oz | 240 mL | 8.2 Lbs |
| Honey | 75 mL | 2.5 fl oz | 150 mL | 5 fl oz |
| White Pepper | 2.5 mL | ½ tsp | 5 mL | 1 tsp |
| Salt | 5 mL | 1 tsp | 10 mL | 2 tsp |
| | | | | |

Method



1. Peel and slice carrots.



2. Transfer carrots to ½ size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.

Place pan in Multigen for 40 minutes.



3. Add remaining ingredients.

Serve Hot.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot (or cold) side of the tray prior to service.

Garnish: **Finely chopped herbs**

Food Accompany: **Any appropriate entrée**