

Seasonal Eating



Carrots, Shallots and Spinach with Citrus Brown Butter

1 pound carrots
4 shallots
3 tablespoons olive oil
4-5 sprigs fresh thyme
3/4 teaspoon salt
2 cups fresh spinach, cleaned and torn
2 tablespoons butter
1 tablespoon fresh orange juice
1 tablespoon fresh lemon juice
1/2 teaspoon lemon zest

Peel and trim the carrots and cut them into pieces that are 2-3 inches long and 3/8 to 1/2 inch wide. Peel the shallots, cut them in half, and trim just the roots, leaving the root end mostly intact to hold them together. Place cut sides down and cut into wedges. In a large non-stick skillet, heat the olive oil over medium high heat. When hot, add the carrots, shallots, thyme and salt. Toss well and cover. Cook until the shallots are limp and have lost their opacity, about 8-9 minutes, stirring occasionally. Uncover and continue cooking, stirring more frequently, until all the carrots are shrunken and tender and most are browned (the shallots will be very brown), 10-12 minutes. Add the spinach leaves and toss with tongs just until wilted. Remove the pan from the heat and remove the thyme sprigs. Meanwhile, in a small saucepan, melt the butter over medium-low heat. Cook, swirling occasionally, until the milk solids in the butter turn a nutty brown color, 6-8 minutes. Remove the pan from the heat and let cool for a few minutes. Add the orange juice, lemon juice and lemon zest. Toss with the carrot mixture and serve.