

Star Anise Glazed Carrots

Ingredients

4 large carrots
Cooking liquor
1kg water
200g caster sugar
10 star anise
20g table salt
200g unsalted butter
Finish glaze
12g ultra Tex
400g reduced glaze



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Method

1. Cut the peeled carrots length ways, to dimensions of roughly 10cm long by 3cm wide.
2. Heat all ingredients of the liquor in a pan until they're boiling.
3. Add carrots to a large tray.
4. Pour hot liquor onto the carrots.
5. Cover with greaseproof and tin foil.
6. Cook at 160°C for 25 minutes.
7. Once cooked, chill the carrots in the cooking liquor.
8. Once chilled, remove from the liquor.
9. You should have approximately 1.25kg liquor after braising the carrots.
10. Reduce the 1.25kg of liquor to 400g.
11. Add 12g of ultra tex, whisking and bring to the boil to thicken.
12. Dip the carrots in the thickened glaze.
13. Garnish with chopped parsley.