

MAPLE GLAZED ROOT VEGETABLE STICKS

F EASY

Last Modified: 12/10/2016

PREP: 15 Min
COOK: 15 Min
STOVETOP

VEGETABLES

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Carrots (Peeled)	Thin Sliced
1/2	Pound	Parsnips (Peeled)	Thin Sliced
1/2	Pound	Turnips (Peeled)	Thin Sliced
1 +/-	Pinches	Kosher Salt	To Taste
1	Cup	Pure Maple Syrup (Dark Amber)	
2	Tbsp	Unsalted Butter	
1	Tsp	Fresh Thyme Leaves	Chopped

PREPARATION

FACTOID	Slice the Vegetables into roughly 3" long by 1/4" square sticks so they will not only cook evenly and quickly, but will look pretty on the dish.
TOOLS	1) Medium Mixing Bowl 2) Medium Non-Stick Skillet & Lid 3) Large Saucepan & Lid
PREP	DISH 1) Thinly slice the Carrots into 1/4" sticks and set them aside. 2) Thinly slice the Parsnips into 1/4" sticks and add them on top of the Carrots. 3) Thinly slice the Turnips into 1/4" sticks and add them on top of the Carrots. 4) Chop the Thyme Leaves and set them aside.
1	Bring a large saucepan with salted water to a boil over medium high heat. Add in the Vegetable Sticks and blanch them for 3 minutes.
2	Give the Vegetables a cold water bath to stop the cooking process. Drain and pat them dry with paper towels.
3	In a medium non-stick skillet over medium high heat, add in the Butter and blanched Vegetable Sticks, saute them until the Butter just begins to brown nicely. Raise the heat to high, add in the Maple Syrup and Thyme and cook it while stirring until the Syrup thickens (reduces) into a thick Sauce (bubbles on bubbles) and the Vegetable Sticks are done. Being CAREFUL to NOT let the Syrup burn.
4	Place the Vegetable Sticks on individual serving plates and drizzle with some of the remaining Maple Sauce.
SERVE	Serve while hot.

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