

Goody's Honey Ginger Carrots

From Baroness Mistress Kathryn Goodwyn

I actually sort of invented this dish, then later found documentation for it -- we're not always that lucky! I was inspired mostly by modern dishes of glazed carrots, and just thought I'd play around a little in the kitchen, as it were.

Take 1 pound of carrots, peel, then cut into strips and boil for 20 minutes, until tender. Drain. Put some butter (about 1 stick, more or less) and melt it, then pour in maybe a half cup of honey (probably less). Toss in a healthy teaspoon of ginger, then put then carrots back in and toss them all until coated. Simmer on low for just about 10 minutes, occasionally stirring and tossing until the carrots are nicely soured in all that good stuff! I once made these for a 120 person feast and found that 20 pound of carrots were plenty.

Lady Mathilde von Eschenbach helped me to find documentation for this sort of treatment by bringing to my attention The Goodman of Paris. On page 296 of this book he mentions that carrots can be bought in the marketplace for a silver penny a handful, and that they can be treatd like turnips. Preceding this information were directions for cooking turnips in honey -- I added ginger, which certainly was used with various dishes. Pretend you are an extravagant cook, rich enough to add such an expensive ingredient with such abandon! The butter is mostly for modern taste -- for authenticity you may wish instead to use a vegetable or meat broth. If you really want to be extravagant, substitute some rosewater for the butter! (medieval cookbooks have recipes for candying vegetables, so this is not as odd as it sounds!)