



# CS Carrots Lyonnaise

Source: adapted from *kitchendivas.com*

Bob and Robin Young, Boise, ID

PDF: CS-Carrots-Lyon.pdf

9 January 2025

Prep: 10 min Cook: 20 min Total: 30 min

Serves: 6

## Ingredients:

2 lbs Baby Carrots  
1 med Red Onion, sliced  
⅓ c unsalted Butter  
2 T All Purpose Flour  
2 t Chicken Bouillon  
¼ t Celtic Sea Salt  
¼ t fresh ground Tellicherry Black Pepper  
1 t Sugar  
1 c Chicken Stock  
1 Peppers, green or red, sliced (optional)

## Directions:

In a large pot bring water to a boil. Add carrots, cover and cook for about 10 minutes or until crisp-tender. Drain. Set aside.

In a large skillet sauté onion in butter until tender. Add flour and stir until incorporated. Stir constantly for a couple of minutes. Onion mixture will start to look dry. Add bouillon and stir. Add sugar and stir and then salt and pepper. Continue to stir mixture.

Using a whisk, gradually add stock. Bring to a boil. Stir constantly. Cook for a few minutes or until thickened.

Add carrots and peppers, if using. Combine until thoroughly incorporated. Taste to see if salt is needed. Serve immediately.

## Notes:

Size matters: Slice the carrots (and onions and peppers) such that they're roughly the same size. This will ensure that they're all perfectly cooked.

Don't overcrowd: Make sure you don't overcrowd the pan with too many carrots. Doing this will cause them to soften and lose their crunch. Work in batches.

Quality matters: The quality of cookware you use also matters, especially when it comes to making stir-fries like these. Choose a heavy bottomed stainless steel or cast iron pan to ensure that the heat distributes evenly throughout the pan.