

Candied Carrot Curls

phoebe cole-smith

6 medium to large carrots (or equivalent in smaller carrots)

2 cups pure cane sugar, plus more for sprinkling

2 cups water

1. peel the carrots into long strips using a vegetable peeler or a mandolin (mind your fingers!!) – only use the “best” strips, saving the discards for another use (like eating them on the spot ;-).
2. make a simple syrup by combining the sugar and the water and bringing the mixture to a boil. reduce the heat to a simmer and stir until all the sugar is dissolved. add the carrot strips to the syrup and continue simmering until the carrots are tender, about 15 minutes. turn off the heat and let the carrot strips cool in the syrup. drain, saving the syrup for another use.
3. preheat the oven to 225 degrees F. lay the carrot strips on a wire rack set over a sheet tray and place in the oven until still slightly sticky but no longer wet – about 40 minutes (but check after 30!).
4. remove from the oven and immediately twirl each strip, one by one, around your finger (or some prefer the handle of a wooden spoon but i find that more difficult). lay the curls on a wire rack, sprinkle with sugar, and let dry at room temp until crunchy, at least an hour.