

Honey Glazed Carrots

(makes 4 servings)

1 lb carrots, peeled only if necessary
2 Tbsp butter
1 ½ Tbsp honey
salt and pepper
½ C water

Cut carrots into thin rounds or sticks. Combine carrots, butter, honey, and water in a large skillet over medium-high heat. Bring to a simmer and cook until carrots are just tender and most of the liquid has reduced to a glaze, about 10-15 minutes. Season with salt and pepper. Toss and serve.

Green Beans with Caramelized Onions

(makes 8 servings)

2 lbs green beans, ends snapped off
2 Tbsp butter
2 medium onions, sliced as thinly as possible
1 C chicken stock
1 ½ Tbsp sugar
1 Tbsp red wine or apple cider vinegar
salt and pepper to taste

Cook beans in boiling salted water until tender, about 2-3 minutes. Drain. Immerse in ice water. Drain again and let dry a bit. Melt butter in a skillet over medium heat. Add onions and cook them on med-low until softened and color deepens, about 15 minutes. Boil stock in saucepan until reduced to ¼ C. Stir in sugar and vinegar. Stir in onions. Simmer until slightly reduced. Combine onions and green beans and heat through. Season with salt and pepper, oil, herbs, and juice, if using.

Potatoes Au Gratin

(makes 6 servings)

1 Tbsp butter, softened
2 ½ lbs baking potatoes, peeled and very thinly sliced
3 C milk or half-and-half, or a combination
1 tsp salt
¼ tsp black pepper
pinch of grated or ground nutmeg
bread crumbs (optional)

Preheat oven to 350 degrees. Butter a shallow 3 quart baking dish. Combine the potatoes, milk or half-and-half, salt, pepper, and nutmeg in a large saucepan. Bring to a simmer over medium heat, stirring gently until the mixture thickens slightly, about 5 minutes. Pour the mixture into the prepared dish. Press down on the top layer to submerge the potatoes. Sprinkle with bread crumbs, if using. Bake 45 minutes or until the top is golden and the potatoes are cooked.

Basic Cabbage

(makes 4 servings)

One medium cabbage, outer leaves removed, cored, cut in 8 wedges
1 tsp salt
½ stick butter, melted
Optional Toppings: Bread crumbs, caraway seeds, minced chilies or a few drops fresh lemon juice plus 1 Tbsp chopped parsley

Drop cabbage into a pot of rapidly boiling water, reduce to a simmer and cook, uncovered, until tender but still crisp, about 15 minutes. Drain. Return to pot, add butter and salt and sprinkle with topping of your choice.