

## Sauces

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# Carrot Butter Sauce

Palm Beach Post

**1 cup carrot juice**

**1 small carrot, thinly sliced**

**1 shallot, coarsely chopped**

**1 teaspoon kosher salt**

**2 tablespoons heavy cream**

**8 tablespoons (1 stick) unsalted butter, cut into chunks, at room temperature**

Combine the carrot juice, carrot, shallot and salt in a small pot over medium-low heat. Simmer until the carrot is completely soft and mushy, about 10 minutes. The liquid will reduce almost, but not quite, by half.

Stir in the cream and simmer for 2 to 3 minutes to combine. It will look kind of a mess, a bit grainy and separated. Remove from heat. Whisk in the butter a few chunks at a time; all of a sudden the sauce will come together.

Pour the sauce into a blender and hold a kitchen towel over the top for safety. Blend until completely smooth and a beautiful sunset color appears. Serve hot.

Yield: 1 1/2 cups

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Per Serving (excluding unknown items): 6740 Calories; 747g Fat (97.5% calories from fat); 12g Protein; 32g Carbohydrate; 4g Dietary Fiber; 2027mg Cholesterol; 2086mg Sodium. Exchanges: 5 1/2 Vegetable; 0 Non-Fat Milk; 149 1/2 Fat.