

RECIPE



RECIPE TITLE

Caramelised carrots & red onions with whisky

FROM THE FEATURE

Ink blue and Fudge

CONTRIBUTOR

www.mademoisellepoirot.com

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INGREDIENTS

500g carrots, cleaned

8 red onions, peeled and quartered

50g butter

1 tbsp. olive oil

1 tbsp. soft, brown sugar

3 thyme branches

2 tbsp. whisky

1 tbsp. honey

1 tbsp. balsamic vinegar

STEPS

1. Blanch the carrots for 3 minutes in a pot of boiling salt water.
2. Let them drain and pat them dry.
3. Melt butter and oil in a big pan.
4. Add carrots, onions and thyme and roast them at low heat for 30 minutes until golden brown.
5. Stir in sugar, honey and whisky and make them simmer for some minutes to boil off the alcohol.
6. Add vinegar and continue cooking for about 5 minutes until a syrup forms.
7. Remove thyme branches and serve.

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RECIPE TITLE

Caramelised and spicy chicken wings Asia style

FROM THE FEATURE

Ink blue and Fudge

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INGREDIENTS

1kg chicken wings

100g light brown sugar

200ml water

4 tbsp. light soy sauce

1 green chilli pepper

1 piece (about 5cm long) of fresh ginger

juice of a lime

a handful of fresh coriander

cooked rice for serving

1 green chilli pepper and some coriander leaves for decoration

STEPS

1. Cut one of the chilli peppers and the ginger into fine pieces.
2. Put the sugar into a big pan and add 100ml water.
3. Let it boil at low heat until a dark amber caramel forms.
4. Add all other ingredients, except chicken wings and garnish.
5. Boil up the sauce and reduce it to half.
6. Add the wings and stir them into the sauce.
7. Add 100ml water.
8. Let it simmer for about 30 minutes at medium heat and stir occasionally.
9. If the sauce is too thick, add some water.



CONT.

10. Reduce the heat and let it simmer with a lid for 15 more minutes until all wings are glazed.
11. For serving, put the wings and the rice into a bowl, cut the second chilli pepper into thin stripes and season them with the remaining coriander.