

Vichy carrots *(Side dishes)*



Preparation

Cut the carrots into slices half a centimetre thick. Melt the butter in a saucepan and briefly cook the carrots. Add salt and mineral water, and continue cooking so that the water evaporates completely, then add the chopped parsley, a little butter and serve. In the absence of Vichy mineral water you can add ordinary water with a very little baking soda.

Tips

If you like cold carrots you can serve your Vichy carrots, not following the original recipe, but at room temperature for the best flavour.

Trivia

This special recipe, as you might imagine, is of French origin: more precisely, it comes from the Auvergne.

Information

Preparation 30 minutes

Total Time 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Carrots 300 grams

Water 250 millilitres (Vichy St. Yorre mineral water)

Salt

Parsley

Butter