



Victorian recipe for Candied carrots

You will need:

500g carrots
2 tablespoons golden syrup
2 tablespoons butter
Chopped mint
Salt

Now:

1. Get a grown up to help you slice the carrots length wise. Boil them in salt water until they are tender.
2. Melt the syrup and butter together in a pan.
3. Add the carrots, cook for 10 minutes, stirring regularly.
4. Serve sprinkled with chopped mint.
5. These yummy carrots are best served with your mum's Sunday roast then you can get her to do the washing up!