



# CHEF AWARDS

## CAROTTES EN HARMONIE

RECIPÉ



## INGREDIENTS

# CAROTTES EN HARMONIE

FOR 5 SERVINGS

### Carrot crumb

- 25 g Keralang spice
- 25 g Sumac spice
- 75 g Smoke almonds
- 75 g Hazelnut

### Spiced Carrot Puree

- 4 Sand Carrots
- Ginger
- 1 lemongrass
- 1 star anise
- Garlic
- 12 cl of orange juice
- 12 cl of carrot juice
- Butter and cream to finish
- Agar agar

### Carrot tuile

- 20 g carrot top pulp
- 30 g egg white
- 2 g salt
- 35 g flour
- 12 g sugar
- 25 g melted butter

### Confit sand carrots

- 5 sand carrots
- 3 g Sumac
- 1.5 g Keralan spice
- 1 and a half of garlic clove
- 25 cl carrot juice
- 25 g butter
- Sugar and salt to taste

### Chantenay Carrots

- 5 Chantenay carrots
- Thyme
- 2 cloves of garlic
- Salt
- Extra virgin Olive oil

### Parmesan infusion

- 2 shallots
- 2 cloves garlic
- 25 cl white wine
- 50 cl milk
- 50 cl cream
- Parmesan rinds

### Parmesan Foam

- 50 cl infused cream
- 1 gelatine leave
- 2 g xanthan

### Pickled lemon fluid gel

- 120 g preserved lemon liquid
- 1 g de gellan
- 1.5 g sugar
- 1 g salt
- 15 g San Pellegrino lemonade

### Salt Baked Heritage Carrots

- 1.5 kg salt
- 280 g egg white
- 12 g crushed juniper berries
- 1 bunch thyme
- 3 cloves garlic
- 3 bayleaf
- 1 bunch parsley
- 5 purple heritage carrots

### Veg Demiglace

- 150 g Mushroom
- 50 g leeks
- 25 g garlic
- Thyme
- 250 g tomato
- 500 g carrots
- 15 cl carrot juice
- 1 cl rice vinegar
- 3 cl Soy sauce
- 1 L water
- 15 g butter

## METHOD

# CAROTTES EN HARMONIE

FOR 5 SERVINGS

- **Carrot crumb**
  - 25 g Keralang spice
  - 25 g Sumac spice
  - 75 g Smoke almonds
  - 75 g Hazelnut

1. Toast the hazelnuts at 180 degrees for 5 minutes, and allow to cool down
2. Get all the ingredients in to a Thermomix bowl and blitz in to a crumb
3. Reserve to coat the Chante nay carrots before plating

- **Spiced Carrot Puree**
  - 4 Sand Carrots
  - Ginger
  - 1 lemongrass
  - 1 star anise
  - Garlic
  - 12 cl of orange juice
  - 12 cl of carrot juice
  - Butter and cream to finish
  - Agar agar

1. Cook all ingredients in a vacuum back on steamer or in a pan,
2. Cook until soft, drain all the cooking liquid, Discard the seeds ginger and lemongrass before blitzing, blitz the carrots in Thermomix with 50gr of butter and a splash of cream, adjust seasoning
3. Use the liquid from cooking the carrots to make the carrot gel, using 3% of agar for the weight of liquid
4. Bring the carrot liquid and the agar to the boil, pass through a chinois and set in the fridge until set
5. Once is set, blitz in Thermomix, and loosen it with a bit of orange juice until obtaining the right consistency, pass through a chinois.
6. Put in a squeeze bottle



## METHOD

# CAROTTES EN HARMONIE

FOR 5 SERVINGS

- **Carrot tuile**
  - 20 g carrot top pulp
  - 30 g egg white
  - 2 g salt
  - 35 g flour
  - 12 g sugar
  - 25 g melted butter

1. Blanch 2 bunches of carrot tops, remove as much water as possible, blend in Thermomix with a splash of veg. oil, just enough to blend in to a pulp
2. Mix all ingredients in the Thermomix, pass through a chinois and spread in the silicon moulds
3. Cook at 170 for 6 minutes, check and add another 2/3 minutes if needed



- **Confit sand carrots**
  - **5 sand carrots**
  - **3 g Sumac**
  - **1.5 g Keralan spice**
  - **1 and a half of garlic clove**
  - **25 cl carrot juice**
  - **25 g butter**
  - **Sugar and salt to taste**

1. Peel and half the sand carrot.
2. Cover and cook slowly in the carrot juice with all the spices until soft.
3. Reserve in the liquid until ready to plate.

- **Chantenay Carrots**
  - **5 Chantenay carrots**
  - **Thyme**
  - **2 cloves of garlic**
  - **Salt**
  - **Extra virgin Olive oil**

1. Peel all the carrots, vac pack with thyme, garlic, EVOO, salt and cook in the steamer until soft
2. Plate 1 of the carrots with the carrot and lemon gel – garnish with dots of lemon and carrot gel.
3. Plate 1 of the carrots with the spice mix crumb - Before plating roll 1 Chante nay carrot in the carrot crumb until completely coated.



- **Parmesan infusion**

- **2 shallots**
- **2 cloves garlic**
- **25 cl white wine**
- **50 cl milk**
- **50 cl cream**
- **Parmesan rinds**

1. Sweet the shallots and garlic, no colour
2. Add wine and reduce
3. Add milk, cream & parmesan rinds and infuse on a low heat for 30 minutes
4. Allow to infuse.
5. Pass through a fine sieve.

- **Parmesan Foam**

- **50 cl infused cream**
- **1 gelatine leave**
- **2 g xanthan**

1. Soak the gelatine in cold water
2. Bring the cream to the boil
3. Squeeze the gelatine leave and add to boiled cream
4. Add the xanthan and Wisk all together
5. Pass through a fine sieve
6. Pour into the syphon and charge with 2 gas canisters
7. Keep syphon bottle in the water bath during service
8. Sauce at the table



- **Pickled lemon fluid gel**
  - **120 g preserved lemon liquid**
  - **1 g de gellan**
  - **1.5 g sugar**
  - **1 g salt**
  - **15 g San Pellegrino lemonade**

1. Weigh out 225g of the preserved lemons liquid, sugar and salt into the Thermomix and bring to 85°C on speed 3.
2. Add the gellan and blitz for 2 minutes on speed 8 to fully dissolve.
3. Pour the mixture into a container and cool over an ice bath.
4. Regularly stir with a spatula until it is cold and fully set.
5. Once fully cooled and set place the gel along with the passed preserved lemon juice and lemonade into the the Thermomix and blitz on speed 8 for 2 minutes. After 1 minute stop the Thermomix lift the lid and scrape the sides of the jug. Then continue to blitz for 1 minute more.
6. Place the fluid gel into a shallow container and put into the vac pac machine, set on program 1. Close the lid and allow the fluid gel to rise to the top of the container then press stop. Repeat this 2 more times.
7. Pass the pickled lemon fluid gel through a fine sieve.
8. Put in a squeeze bottle.
9. Store in the fridge until required.

- **Salt Baked Heritage Carrots**
  - **1.5 kg salt**
  - **280 g egg white**
  - **12 g crushed juniper berries**
  - **1 bunch thyme**
  - **3 cloves garlic**
  - **3 bayleaf**
  - **1 bunch parsley**
  - **5 purple heritage carrots**

1. Blitz all ingredients in Thermomix apart from the whites & carrots.
2. Whip to a soft pick the egg whites and fold in to the salt mix.
3. Cover the heritage carrot with the salt bake mix and cook at 180 degrees for 20 minutes.

- **Veg Demiglace**
  - **150 g Mushroom**
  - **50 g leeks**
  - **25 g garlic**
  - **Thyme**
  - **250 g tomato**
  - **500 g carrots**
  - **15 cl carrot juice**
  - **1 cl rice vinegar**
  - **3 cl Soy sauce**
  - **1 L water**
  - **15 g butter**

1. Quarter the tomatoes, carrots and the mushrooms, along with the garlic, thyme and the leeks, on a deep tray.
2. Pour 30ml of the soy sauce over them and cover with the water.
3. Bake all the vegetables in a preheated oven at 180 degrees, for about 1h30 or until they are roasted and caramelised.
4. Strain the vegetables to separate liquid from the vegetables.
5. Transfer the liquid to a pot, and add the carrot juice, rice vinegar and the remaining soy sauce and reduce by 40% or until desired consistency
6. Finish with cold butter.

**Item 1 - Roasted heritage carrot**

Roast the heritage carrot in the grill and glaze with the veg demiglace before plating.

**Item 2 - Chante nay carrots**

- Before plating roll 1 of the Chantenay carrots in the mix crumb until completely coated
- Before plating garnish 1 of the Chantenay carrots with dots of the lemon and carrot gel.

**Item 3 - Confit sand carrot**

Remove the sand carrot from the confit liquid in to a tray and finish with micro planed smoked almonds, and place the carrot tuile on top.



Veg demiglace  
finish with  
hazelnuts



Confit sand carrot,  
finished with  
Microplane smoked  
almonds

Parmesan  
foam



Slat backed  
heritage  
carrot

Carrot  
tuile



Spiced  
carrot pure

Carrot gel

Chantenay carrot  
rolled in spice crumb

Carrot with lemon garnish  
and carrot gel