

Carrot with Brown Butter Parfait and Raspberries Sous Vide

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Ingredients

Brown Butter Parfait:

4 eggs
4 egg yolk
150 g sugar
400 g brown butter
6 gelatin sheets
500 g whipped cream
Baileys

Raspberry Sorbet 2.0:

700 g raspberry puree
70 g powdered sugar
Xanthan gum

Raspberry Jelly:

3 g agar-agar
10 g powdered sugar
250 g raspberry puree

Chocolate Almond Crumble:

100 g almonds
60 g sugar
40 g Muscovado sugar
20 g cocoa
100 g butter

Carrot Cream:

6 carrots
Salt
Sugar
100 g cream
10 g brown butter
Water
50 g butter
Pepper

Preparation

Brown Butter Parfait:

Beat the eggs together with the sugar and simmer over a hot water bath. Work brown butter into a thread shape. Add and dissolve soaked gelatin. Place the cream on a cold water bath and continue beating until the mixture has cooled. Carefully fold in the whipped cream and Baileys. Pour into a suitable dish and freeze.

Raspberry Sorbet 2.0:

Fill the raspberry puree with powdered sugar and xanthan gum in a Pacojet cup, and freeze. Strain the puree until the desired consistency is achieved.

Raspberry Jelly:

Mix the agar-agar with the powdered sugar and the puree. Simmer the liquid for 1-2 minutes and pour thinly onto a tray. Mix the jelly in a blender with a little water until smooth.

Chocolate Almond Crumble:

Mix the almonds, sugar, Muscovado sugar, cocoa, and butter into a crumbly mixture in a blender. Place on a tray and bake in a preheated oven at 160°C for 14 minutes until crisp. Let cool and chop finely using a blender.

Carrot Cream (Sous Vide):

Wash the carrots, peel, and cut into small pieces. Vacuum seal with salt, sugar, cream and a little brown butter and cook at 90°C for 1 hour in the **fusionchef** Sous Vide water bath. Mix the carrots with a little water, butter, salt, pepper, lime, and purple curry until smooth. Add xanthan gum to achieve the desired consistency.

Carrot Segments:

Clean the carrots and cut them into thin strips with the slicer. Blanch briefly and twist into 2 different rings using a tube. Quickly blanch baby carrots, chill in ice water, and cut into 3 segments. Cut the carrot into wafer-thin slices and cut out round.

Orange Cream:

Reduce the cream with the orange zest until the desired consistency is achieved. Let cool and add a little xanthan gum.

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1 lime
Purple curry
Xanthan gum

Carrot Segments:

2 carrots
10 baby carrots

Orange Cream:

300 g cream
1 orange
Xanthan gum

To Serve:

Arrange the brown butter parfait on a plate together with the raspberry sorbet, raspberry jelly, chocolate almond crumble, carrot cream, carrot segments, and orange cream.

This recipe from the final "JUNGE WILDE 2020" was kindly given to us by Andreas Kröckel. Photo: ©Andreas Kröckel