

# 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