

Carrot, Chamomile, Salad Pea Shoot Saus Vide

Author: Sandra Scheidl



Ingredients

Chamomile Parfait:

1.1 l cream
15 g dried chamomile flowers
4 egg yolk
2 eggs
200 g sugar
2 leaves of gelatin

Salad Pea Granita:

220 g sugar syrup (water : sugar = 2:3)
20 g white wine vinegar
400 g juice from Granny Smith apples
(approx. 1.5 kg apples)
30 g salad pea shoots
15 g spinach leaves

Carrot Reduction:

3 kg carrots

Sugar Chips:

175 g sugar
225 g glucose
Water
30 g butter

Carrot Ribbons:

5 carrots
300 g sugar syrup (water : sugar = 2:3)

Chamomile Oil:

200 g neutral oil
20 g dried chamomile flowers

Preparation

Chamomile Parfait:

Bring 300 g cream with the chamomile flowers to a boil, cover and allow to steep. While warm, beat the egg yolk, egg and sugar until cool. Strain the chamomile cream, heat and stir in the soaked gelatin. Allow to cool slightly. Beat the remaining cream. Stir the chamomile cream into the egg mixture and fold in the whipped cream. Pour the parfait onto a sheet (approx. 2 cm high) and freeze. Cut out circles and smooth the surface as necessary.

Salad Pea Granita:

Bring the water and sugar to a boil until you have a sugar syrup. Add vinegar. Allow to cool in a refrigerator or freezer. Juice and cool the apples (or use cold apples). Mix with the salad pea shoots and spinach. Strain and season with the sugar syrup and vinegar mixture. Freeze in shallow containers. Scrape out the granita with a fork.

Carrot Reduction:

Clean and juice the carrots. Strain and reduce in a large saucepan to approx. 1/3 of the original amount. Strain.

Note:

The reduction should become thick. Do not allow the sugar to caramelize yet in order to preserve the color and taste.

Sugar Chips:

Add the sugar, glucose and butter to a saucepan. Cover with a little water and heat to 165°C. Emulsify the butter flakes. Pour the mixture onto a sheet and allow to cool until it hardens. Mix into a fine powder in a Thermomix and sift onto a Silpat mat. Bake for approx. 2 minutes at 180°C until the sugar melts. Allow the sugar chips to cool and remove from the mat.

Carrot Ribbons:

Peel the carrots into ribbons. Make sugar syrup and pour hot over carrot ribbons. Allow to cool at room temperature.

Chamomile Oil (Sous Vide):

Carrot, Chamomile, Salad Pea Shoot Sous Vide

Vacuum seal the oil with chamomile blossoms. Cook at 70°C for 2-3 hours in a **fusionchef** Sous Vide water bath. Strain out the blossoms and allow the oil to cool.

To Serve:

Arrange the chamomile parfait on a plate together with salad pea granita, carrot reduction, sugar chips, carrot ribbons and chamomile oil.

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