

Carrot / Cherry / Southernwood / Milk Sous Vide

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Ingredients

Carrot Cake:

150 g wheat flour
25 g almond flour
12 g baking powder
2 g ground anise
150 g sugar
150 g peeled and finely grated carrots
2 eggs
75 g Original Beans 37% Bare White
Chocolate, chopped
150 g liquid butter

Carrots (Sous Vide):

300 g baby carrots
100 g sugar
100 ml water
100 g pitted cherries
3 g salt
3 g ground anise

Chocolate Crumble:

50 g butter, room temperature
50 g sugar
50 g almond flour
1 g salt
40 g wheat flour
10 g cocoa powder
1 g ground anise
5 g Espelette pepper

Cherry in Southernwood (Sous Vide):

50 g sugar
100 g water
5 g southernwood
10 g cherries

Preparation

Carrot Cake:

Add the wheat flour, almond flour, baking powder, anise and sugar to a bowl and mix. Mix the carrots with the eggs. Combine with the flour mixture. Gradually add the chocolate and the liquid butter. Pour the mixture into an airtight container and allow to rest for 1 hour. Preheat the oven to 180 degrees. Spread the mixture and bake for 10 minutes. Bake at 160°C for another 20 minutes. Allow to cool and serve.

Carrots (Sous Vide):

Peel the baby carrots. Bring the baby carrot peel to a boil with sugar, water, pitted cherries, salt and ground anise. Mix finely and vacuum seal with the carrots. Cook for 20 minutes at 85°C in the **fusionchef** Sous Vide water bath. Quench and allow to infuse in the stock for 1 hour. Flambé the carrots before serving.

Chocolate Crumble:

Knead all ingredients together until small pieces of dough form. Place on a baking tray with baking paper and bake at 170°C for 15 minutes.

Cherry in Southernwood (Sous Vide):

Bring sugar and water to a boil to make sugar syrup. Remove from heat and add the southernwood. Allow to infuse for approx. 10 minutes. Pit the cherries. Mix half of the cherries with the remaining ingredients, mix finely and strain. Vacuum seal with the remaining cherries. Cook for 20 minutes at 65°C in the **fusionchef** Sous Vide water bath. Quench.

Caramelized Milk:

Slightly heat milk, sugar and salt. Lightly coat the bottom of a pan with this mixture (approx. 60 ml per plate). Slowly reduce on the stove at medium heat until it starts to caramelize. Scrape from the pan with a spatula.

Milk Cream:

Bring milk with agar-agar to a boil and simmer gently for 1 minute. Allow to cool until the milk is firm. Mix into a fine cream.

To Serve:

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30 ml white balsam vinegar
2 lemons
10 ml kirsch
½ vanilla bean
1 g salt

Caramelized Milk:

300 ml milk
10 g sugar
1 g salt

Milk Cream:

500 ml milk
6 g agar-agar
10 g sugar

Arrange the carrot cake on a plate together with the carrots, chocolate crumble, cherries in southernwood, caramelized milk and milk cream.

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