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**Preparation time:** 12 minutes  
**Cooking time:** 1 hour 10 minutes



## Ingredients

360 g cut carrot spears with diameter of 0.5 cm  
10 g ginger  
Juice and zest of 1 untreated orange  
1 tbsp rosemary or lavender honey  
½ tsp. sea salt  
1/2 tsp. fennel seeds

## Preparation

Place the carrot spears next to each other in a boil-proof bag. Peel the ginger, dice finely, put in a bowl, and mix with the orange juice, orange zest, honey, and salt. Lightly crush the fennel seed and add. Put the marinade into the cooking bag and vacuum with 100%.

Cook in the **fusionchef** sous vide water bath at 80 °C for 60-70 minutes, shock in ice water, and store in a cool place.

To serve, briefly warm in a sauté pan with the cooking juices. If desired, add butter and glaze.

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