

Purple Baby Carrots with Cheese Curds Sous Vide

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Ingredients

Braised Carrots:

6 carrots
1 pinch each of salt and sugar
100 ml olive oil
6 basil leaves

Pickled Carrots (Sous Vide):

6 carrots
50 g vinegar
50 g sugar
100 g water
2 basil leaves

1 star anise
1 pinch of xanthan gum
20 ml pumpkin seed oil

Pumpkin Seeds, Crystallized:

100 g water
140 g sugar
175 g roasted pumpkin seeds
1 pinch of salt

Sorbet Base:

100 g water
33 g glucose
10 g invert sugar
100 g sugar
4 g Stabi 2000
25 g dextrose

Mountain Pine Ice Cream:

240 g sorbet base
250 g yogurt, 10%
1 green apple
0.8 g ascorbic acid

Preparation

Braised Carrots:

Cut the carrots at the top and bottom. Roll in aluminum foil with salt, sugar, olive oil, and basil. Cook at 160°C for 2 to 3 hours until the carrots can be mashed with your fingers.

Pickled Carrots (Sous Vide):

Cut and straighten the carrot lengthwise in the slicer at 1.5. Boil a stock from the vinegar, sugar, and water. Vacuum seal with the carrots, basil, and star anise. Cook at 75°C for 5 minutes in the *fusionchef* Sous Vide water bath. Chill in ice water. Catch the stock, thicken with a little xanthan gum, and mix with the pumpkin seed oil.

Pumpkin Seeds, Crystallized:

Heat water and sugar to 114°C. Add the pumpkin seeds and stir until the sugar crystallizes. Spread on a silicone mat, season with salt, and let cool.

Sorbet Base:

Mix water, glucose, and invert sugar. Heat to 50°C. Add sugar, Stabi 2000, and dextrose, then heat to 85°C.

Mountain Pine Ice Cream:

Mix all ingredients together and strain. Fill into a spherical dish and freeze.

Cheese Dumplings:

Mix the panko, vanilla sugar, egg, and egg yolk. Let sit for 2 hours and unroll. Boil in a pot with water, the cinnamon stick, and a little sugar.

Crumbs for Cheese Dumplings:

Melt the butter, add panko, and roast until brown. Spread on a paper towel.

Carrot Greens Cream:

Mix all ingredients together except for the oil. Raise with the oil and strain.

To Serve:

Arrange braised carrots together with pickled carrots, crystallized pumpkin seeds,

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50 g mountain pine

Cheese Dumplings:

350 g cheese curds, alternative: Drained quark
90 g panko
13 g vanilla sugar
1 egg
1 egg yolk
Water
1 cinnamon stick
Sugar

Crumbs for Cheese Dumplings:

20 g butter
50 g panko

Carrot Greens Cream:

300 g carrot greens
80 g apple balsamic vinegar from Gölles
20 g sugar
1 pinch of salt
2 g xanthan gum
80 g egg white
600 g neutral oil

sorbet, mountain pine ice cream, cheese dumplings, and carrot greens cream on a plate.

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