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Preparation time: 15 minutes
Cooking time: 1 hour



Ingredients

580 g young carrots with greens (mini vegetables), cleaned 400 g
4 stalks of lemongrass
15 g fresh ginger
1 pinch fleur de sel
1 tsp. brown sugar

Preparation

Wash the carrots, peel to make thin, and leave approx. 3-4 cm of the greens. Place the carrots next to each other in a boil-proof bag.

Remove the top third of the lemongrass stalks, split the remainder lengthwise, then add to the carrots. Wash the ginger, cut into thin slices, and add. Then sprinkle the salt and sugar onto the vegetables.

Vacuum the bag with 100% and cook in the **fusionchef** sous vide water bath at 80 °C for 60 minutes. Then chill in ice water and store in a cool place.

To serve, warm up in the bag, briefly glaze in a sauté pan, and remove the lemongrass and ginger. If desired, drizzle with olive oil and add coarsely ground pepper before serving.

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