

Sous vide variations on carrots, mandarins and parsley

Author: Marius Tim Schlatter



Ingredients

Mousse variations base (sous vide):

4 eggs
300 g white chocolate
600 ml cream

Carrot mousse (sous vide):

50 ml reduced carrot juice
Juice of 1 mandarin
Mousse variations base

Parsley mousse (sous vide):

50 ml parsley broth (30 mg parsley and 40 ml mandarin juice)
Mousse variations base

Parsley gel (sous vide):

150 g parsley
100 g Basic Textur (citrus fiber product that binds and gives texture)
20 ml mandarin juice
Marrow from 1/2 vanilla bean
20 g sugar

Mandarin sorbet (sous vide):

500 ml mandarin juice
50 g sugar
15 g glucose syrup
175 ml carrot juice
1 lime
1 leaf of gelatin

Mandarin segments (sous vide):

2 mandarins
100 ml carrot juice
20 g sugar

Preparation

Mousse variations base (sous vide):

Beat the eggs and heat in a bowl over water to 84 °C while constantly stirring. Vacuum the chocolate and allow it to dissolve in the **fusionchef** sous vide water bath at 60 °C. Add the melted chocolate to the egg mixture and blend thoroughly. Beat cream until stiff. Divide the cream and the chocolate-egg mixture into two equal portions and continue working each separately.

Carrot mousse (sous vide):

Soak the carrot and mandarin juice with some vanilla in the **fusionchef** sous vide water bath at 60 °C for 15 minutes. Then stir into the chocolate-egg mixture. Fold half of the whipped cream into the somewhat cooled mixture. Cover the carrot mousse and allow to set in the refrigerator. If available, fill the mousse into a carrot-shaped silicone Jello mold.

Parsley mousse (sous vide):

Make the parsley broth. Sauté the parsley and freeze in the freezer. Then put in the mixer or use a pestle to finely mix it. Add the mandarin juice and allow the parsley to dissolve in it. Soak for 15 minutes at 60 °C in the **fusionchef** sous vide water bath. Pass through a sieve and fold into the chocolate-egg mixture. Add the rest of the whipped cream at the end. Pour the parsley mousse mixture into the Jello mold, cover and put in refrigerator to set.

Parsley gel (sous vide):

Sauté parsley in a bit of oil or butter then freeze and then finely mince. Stir in the mandarin juice, vanilla and sugar. Soak for 15 minutes at 60 °C in the **fusionchef** sous vide water bath. Then stir in the Basic Textur and chill.

Mandarin sorbet (sous vide):

Stir the mandarin juice, sugar, glucose syrup and carrot juice together and vacuum. Soak for 15 minutes at 85 °C in the **fusionchef** sous vide water bath. Afterwards, add the lime juice. Soften the gelatin, press it and add it to the still warm water. Allow to freeze in the sorbet machine.

Preserved mandarin segments (sous vide):

Sous vide variations on carrots, mandarins and parsley

Marrow from 1/2 vanilla bean
3 g pectin (plant-based setting agent)

Preserved carrots (sous vide):

4 baby carrots
100 ml mandarin juice
Marrow from 1/2 vanilla bean
20 g sugar

Aerated chocolate (sous vide):

500 g dark chocolate (70% cocoa)
150 ml cold pressed olive oil
Salt

Mandarin powder:

50 g Isomalt (sugar substitute)
25 g freeze-dried mandarin powder
5 g Maldon sea salt

Carrot gumdrops (sous vide):

55 g Isomalt (sugar substitute)
30 g powdered sugar
11 g glucose syrup
5 g vanilla
100 ml sparkling pear wine
60 ml carrot juice
10 ml pear brandy
3 leaves of white gelatin
.block

Peel mandarins and place in the mandarin juice. The membrane can be more easily removed this way. Bring the carrot juice, sugar and some vanilla to a boil, add the pectin and pour over the mandarin segments. Chill. Vacuum the segments with the broth and poach for 3 minutes at 85 °C in the **fusionchef** sous vide water bath.

Preserved carrots (sous vide):

Thinly slice the baby carrots and vacuum them with the mandarin juice, some vanilla and the sugar. Cook for 1 minutes at 85 °C in the **fusionchef** sous vide water bath.

Aerated chocolate (sous vide):

Blend the chocolate with the olive oil and vacuum. Melt at 60 °C in the **fusionchef** sous vide water bath. Place a baking sheet or flat form in the freezer to chill. Put the mixture into a whipping siphon and insert a gas charger. Spray the chocolate onto the ice cold baking sheet or into the form. Do not pile too high. Sprinkle with salt and allow to set. Cut the bubble chocolate into even, mouth-sized bites or break into irregular pieces by hand to serve.

Mandarin powder:

Mix Isomalt, freeze-dried mandarin powder and Maldon sea salt together.

Carrot gumdrops (sous vide):

Mix Isomalt, powdered sugar, glucose syrup and vanilla with 50 ml of sparkling pear wine together and vacuum. Cook for 15 minutes at 90 °C in the **fusionchef** sous vide water bath. Then add the remaining sparkling pear wine, carrot juice and pear brandy to the mixture. Add the softened and pressed gelatin. Press the mixture through a sieve and pour into a flat form and chill. As soon as the mixture has set, cut small 'gumdrops' out.

Serving:

Delicately arrange the preserved carrots next to each other on the plate. Release the mousse from the mold and place on top. Alternatively, the mousse can be made into dumplings using two spoons, or it can be spread onto the plate in the shape of a carrot using a pastry bag. Make little dots with the parsley gel using a pastry bag. Arrange the preserved mandarins and add the aerated chocolate. Sprinkle the mandarin powder over it and add the gumdrops. Finally, make a sorbet 'dumpling' with two spoons and place on top of it all.

This recipe was kindly provided by Marius Tim Schlatter.