



CARROT CAKE

PROFESSIONAL



(MAKES ONE 17CM CAKE) 8 PORTIONS

INGREDIENTS LIST

Carrot Cake

- 150ml Grapeseed oil
- 10g Seabuckthorn oil
- 200g Soft light brown sugar
- 300g Peeled and grated carrots
- 50g Walnuts
- 75g Raisins premium
- 30g Golden raisins
- 180g Plain flour
- 5g Bicarbonate of soda
- 2g Baking powder
- 1g Nutmeg ground
- 1g Allspice ground
- 5g Ground cinnamon
- 1g Salt
- 120g Whole eggs

Spiced Carrot Compote

- 250g Carrots, peeled, washed and shredded
- 170g Demerara
- 400ml Carrot juice
- 80g Lemon juice
- 4 Strips lemon zest
- 4 Pods of cardamom
- 1 Stick of cinnamon
- 6 Cloves
- 1 Star anise
- 20g Seabuckthorn juice

Avonmore Professional Cream Cheese Bavaois

- 135g plain custard
- 48g Gelatine mass

- 220g Avonmore Cream Cheese (room temperature)
- 235g Avonmore Performance Whipping Cream (room temperature)
- 55g Caster sugar

Plain Custard

- 70g Whole fat milk
- 70g Avonmore Whipping Cream 35.1%
- 25g Egg yolks
- 15g Caster sugar

Sablé Speculoos

- 40g Butter
- 40g Demerara sugar
- 0.4g Salt
- 0.4g Cinnamon ground
- 0.4g Nutmeg ground
- 14g Whole eggs
- 56g Plain flour
- 1g Baking powder

Sablé Spéculoos Reconstituted

- 113g Sablé spéculoos
- 30g Feuillantine
- 0.4g Fleurs de Sel
- 62g Blonde Chocolate
- 85g Golden raisins - chopped
- ¼ zest of orange
- 6g Sea buckthorn oil

Candied Walnuts

- 50g Packed brown sugar
- 2.5g Fine sea salt
- 2.5g Ground cinnamon
- 0.6g Ground cayenne pepper
- 30g Egg white
- 5g Vanilla extract
- 340g Raw walnut halves

Seabuckthorn Curd

- 24g Egg yolks
- 18g Caster sugar
- 18g Sea buckthorn juice
- 40g Unsalted butter
- 13g White chocolate
- 10g Mass gelatine
- 0.5g Citric acid

Carrot Glaze

- 150g Caster sugar
- 150g Glucose
- 100g Carrot juice
- 80g Avonmore Professional Cream 35.1%
- 150g Blonde chocolate
- 60g Mass gelatine
- Orange hydrosoluble food colouring

Compressed Carrots

- 2 Carrots
- 250g Seabuckthorn juice
- 100g Demerara sugar

AVONMORE PROFESSIONAL PRODUCT USED



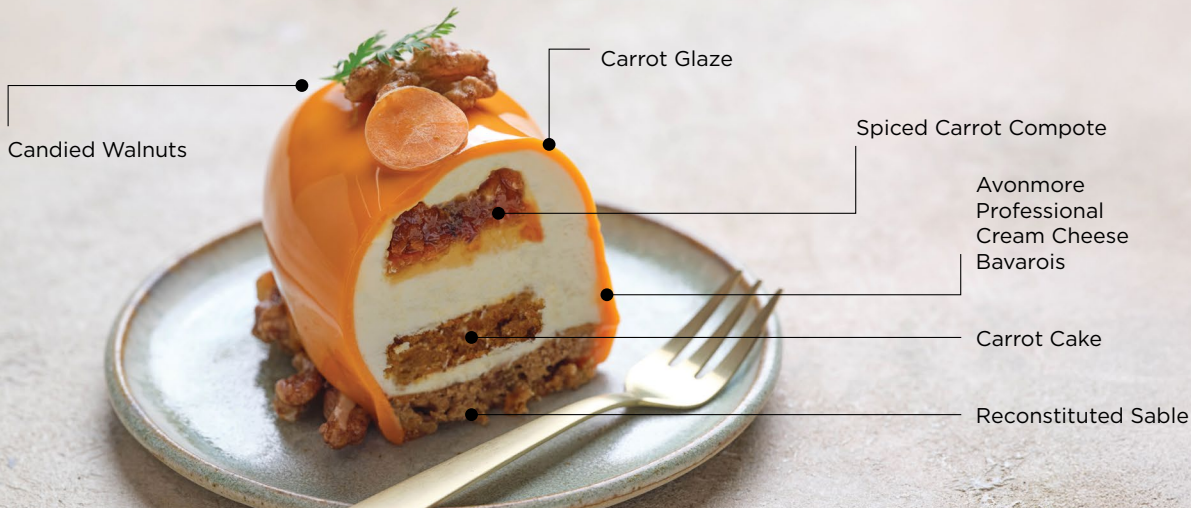
35.1%
Whipping Cream



Cream
Cheese



Unsalted
Irish Butter



THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Carrot Cake
- 02 Spiced Carrot Compote
- 03 Avonmore Professional Cream Cheese Bavaois
- 04 Sable Speculoos
- 05 Sablé spéculoos Reconstituted
- 06 Candied Walnuts
- 07 Seabuckthorn Curd
- 08 Carrot Glaze
- 09 Compressed Carrots

01

Carrot Cake

1. Preheat the oven to 150°C.
2. Whisk the eggs in a large bowl to break them up, then whisk in the oils, sugar, grated carrots and chopped nuts.
3. Sift in the remaining ingredients and bring the mixture together using a wooden or large metal spoon.
4. Pour the mixture into the silicone mat 31cm x 52 cm smoothing the surface with a palette knife and bake in the oven for 18 minutes.
5. Cut into 180mm with a 150mm cut out in the middle.
6. Freeze.

02 Spiced Carrot Compote

1. Using a large bowl, add shredded carrot, seabuckthorn, sugar and lemon juice. Mix and leave for 2 hours to soften.
2. Using a large pan, bring the carrot juice to a boil and add the carrot mixture.
3. Add the rest of the spices (orange zest, cinnamon, cloves and cardamom) and boil on medium heat for about 50-60 minutes or until translucent. The remaining water might seem liquid but once cooled, it will thicken.
4. After the compote is cooked, pour 210g of the compote on top of the seabuckthorn curd.
5. Freeze.

03

Avonmore Professional Cream Cheese Bavaois

1. Prepare a plain custard with the milk, cream, egg yolks and sugar, bringing the mixture on low heat, stirring constantly until 82°C.
2. Weigh the necessary custard quantity and add the soaked and melted gelatine.
3. Stir the mixture to combine.
4. Pour the custard over the cream cheese and mix with a hand blender until smooth.
5. Whip the cream until soft peaks form with granulated sugar and combine with the cream cheese mixture.
6. Use immediately.

04

Sablé Speculoos

1. In the bowl of a mixer fitted with the paddle attachment, cream the butter

with the brown sugar, salt and spices.

2. Add the room temperature eggs and finish by adding the flour/baking powder mixture, sifted together.
3. Pass through a grater.
4. Bake on a silpain mat in a ventilated oven at 150°C no fan for 15 minutes.

05

Sablé Spéculoos Reconstituted

1. Gently mix the speculoos shortbread with the feuillantine, crushed fleur de sel, chopped raisins, orange zest, seabuckthorn oil and blonde chocolate at 45°C.
2. Press 200g into 160mm (approximately 6.3 inch) diameter silicone rings. Freeze.
3. Roll the remaining between 2 sheets of greaseproof paper until it is 2mm. These will be cut and used for decoration.

06

Candied Walnuts

1. Heat oven to 150°C. Line a large baking sheet with a silpat; set aside.
2. In a small mixing bowl, whisk together the brown sugar, sea salt, cinnamon and cayenne until combined.
3. In a large mixing bowl, whisk together egg white and vanilla until combined. Add the walnuts and toss until they are evenly coated with the egg white mixture. Add the brown sugar mixture and toss until the walnuts are evenly coated.
4. Spread the walnuts out in an even layer on the baking sheet. Bake for 20 minutes. Remove the baking sheet from the oven and give the walnuts a brief stir. Return to the oven and bake for 5 more minutes.
5. Remove and allow to cool for 10 minutes.

07

Seabuckthorn Curd

1. Heat the eggs, sugar, sea buckthorn juice to 85°C. Whisking at all times
2. Add the softened butter and white chocolate.
3. Mix well, add gelatine.
4. Blend with a blender for at least 5 minutes, to ensure the mixture is very smooth and light.
5. Place 120g into a savarin silicone mould with external diameter of 180mm and internal of 150mm and freeze.

08

Carrot Glaze

1. Pour the sugar, glucose and carrot juice into a saucepan and bring to 103°C.
2. In a large (thin and tall) measuring cup, pour the white chocolate and heavy cream.
3. Pour your sugar and carrot mixture over your chocolate, then add the gelatine.
4. Mix with an immersion blender, being careful not to incorporate air.
5. If your blender has a small protective bell, tilt it as much as possible when you insert it into your mixture. Never lift your

blender while it's running, again to avoid incorporating air bubbles.

6. Use your glaze at 35°C, either by letting it cool down slowly after preparing it, or by storing it in the refrigerator and then reheating it in a bain-marie when desired.
7. Avoid reheating it above 40°C. If it's not fluid at this temperature, you can give it a quick pulse with the immersion blender (always being careful about air bubbles).

09

Compressed Carrots

1. Prepare the seabuckthorn syrup by combining the demerara sugar and seabuckthorn juice. Mix until the sugar is dissolved.
2. Peel the carrots and, using a vegetable peeler or mandolin, create consistent, thin strips. Cut these strips into elongated triangular forms with sharply defined edges.
3. Place the prepared carrot triangles in the seabuckthorn syrup. Use vacuum compression techniques to maximise liquid uptake.
4. Arrange the compressed carrot triangles by twisting them into elegant spirals.

Assembly and Finishing

1. Freeze seabuckthorn curd in a 180mm vacharin silicon mould, top with carrot compote and freeze. Reserve frozen until assembly of mousse.
2. Freeze the carrot cake and reserve until assembly.
3. In a vacharin silicone mould with dimension mm Ø 175 x 55 x 55 H and a total volume of 1000ml. Pipe in half of the Cheesecake Mousse. Add in the frozen curd insert, cover the mousse in half of the remaining mousse. Add the carrot cake and top with the remaining mousse. Finally place on the speculoos base.
4. Freeze.
5. Glaze the entremet with the carrot glaze.
6. Decorate the entremet with compressed carrots, candied walnuts, carrot fronds and discs of the sable.



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