

vege

Recipe #8: February-March

**Carrot-infused
almond emulsion**



A recipe created especially for EPFL by Julien Duclos of Le Piano restaurant



TOTAL:
10.80 CHF

Difficulty level: easy

Time : 2h30

Ingredients :

Serves 4:

- 100 g** bunch carrots (with greens still attached)
 - 200 g** orange carrots
 - 200 g** yellow carrots
 - 200 g** purple carrots
 - 200 g** parsnips
 - 10 g** kaffir lime leaves
 - 150 g** plant-based yogurt (preferably made from almonds)
 - 10 g** wasabi
 - 5 cl** lemon juice
 - 3 cl** agave nectar
 - 10 g** squid ink
 - 100 g** almond meal
- A few sprigs of young chervil for garnish

Preparation:

Wash, peel, and trim the carrots, leaving a few centimeters of the leafy tops intact.

Shave one quarter of the carrots into thin strips. Dry them, along with the lime leaves, for 1.5–2 hours in a 70°C oven

Tip: Open the oven door from time to time to allow steam to escape and facilitate drying.

Meanwhile, combine the almond meal and squid ink. Transfer the mixture to a baking tray and add it to the oven for the last 30 minutes of cooking time to dry.

Place the remaining carrots and the parsnips into a pan with a bit of water, salt, pepper and olive oil. Cover with a sheet of parchment paper and simmer on low heat. Once cooked, cut each carrot in half lengthwise, then slice each half into pieces on the diagonal. Refrigerate the cooked carrots and set aside the scraps.

In a bowl, stir together the yogurt, wasabi, agave nectar and lemon juice. Season to taste. Refrigerate.





Separate the carrot scraps by color and purée them. Place each purée into a piping bag. If you do not have a piping bag, you can make one by cutting a triangle out of parchment paper and rolling it into a cone shape.

Plating:

Spread the yogurt emulsion across the plate and sprinkle the almond meal “potting soil” on top. Then, let your creativity take over. Pipe the purées and arrange the vegetable wedges and chips however you like. Top with a garnish.

Enjoy !

Julien Duclos,
restaurant Le Piano



About carrots

The sweet, mild flavor of carrots makes them one of the most popular vegetables in Switzerland. Luckily for us, they are also packed with nutrients

Nutritional benefits

Nutritionally speaking, carrots are prized for their vitamin A and carotenoid content. These two essential nutrients play an important role in regulating the immune system.

Did you know that you can get your entire daily recommended dose of vitamin A from just one serving of carrots (120g)? Pairing them with a small amount of oil, a few nuts or some cheese increases your body's ability to absorb the carotenoids they contain.

What to look for

Many different carrot varieties are grown in Europe. A carrot's nutritional value depends on its color. Purple carrots have twice as much beta-carotene as orange carrots, whereas yellow carrots contain less, and white carrots do not contain any at all.

Storage

Carrots keep for up to 10 days in the refrigerator. After cooking or blanching, they can be stored in the freezer for several months.

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