

Carrot cake




VALRHONA
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Carrot cake

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes 15 carrot cakes

To be done the day before:

IVOIRE 35%, vanilla and
carrot juice whipped ganache
Carrot cake batter

To be done on the day:

Carrot wafers
Baking the carrot cakes
AZÉLIA 35% crunchy
coating
Assembly

Required utensils:

4.5 height x 5cm diameter
stainless steel circle
Juicer
Curved mould for
the wafers

CARROT CAKE BATTER

Preparation time: 25 minutes

Rest time before use: 12 hours

Freezing time: 2 hours

195g Pastry flour
265g Caster sugar
1.5g Baking soda
1g Baking powder
1g Fine salt
110g Eggs
90g Grape seed oil
75g Butter
4 Organic carrots

Wash the carrots, then put them in the juicer without peeling them. Collect 65g of juice and 155g of fibre from juicing. Whisk the eggs with the sugar then add the carrot juice, oil and melted butter. Sift the flour, baking powder and baking soda, then add to the previous mixture. Pour in the carrot fibres and finish mixing. Cover the surface with plastic wrap and store in the refrigerator overnight.

The following day, bake the carrot cakes:

Grease and line each ring with baking paper (strips around 4.5cm long and 10cm wide). Add 60g of cake batter into each ring. Cover each ring back over with baking paper and place a tray over each to ensure that the carrot cakes bake evenly. Bake in a fan-assisted oven at 170°C for approx. 35 minutes. Take out of the oven and leave to cool. Freeze for 2 hours before assembly.

IVOIRE 35%, VANILLA AND CARROT JUICE WHIPPED GANACHE

Preparation time: 15 minutes

Rest time before use: 12 hours





75g Carrot juice*
5g Acacia honey
½ Vanilla bean
100g IVOIRE 35% chocolate
185g Cold whipping cream 35%

Heat the 75g carrot juice with the honey and vanilla seeds. Combine with the melted **IVOIRE 35%** in three batches while mixing with a spatula.

Add all the 185g chilled whipping cream in one go and finish off the emulsion using a hand blender.

Cover the surface with plastic wrap and store in the refrigerator overnight.

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Carrot cake

(Continued)

CARROT WAFERS

Preparation time: 15 minutes

Rest time before use: 10 minutes

70g Butter
70g Icing sugar
70g Plain flour
35g Egg whites
35g Carrot juice
AN* Carrot extracts
*as necessary

Mix the melted butter and icing sugar in a food mixer. Add the sifted flour, then the egg whites and the carrot juice. Store in the refrigerator for 10 minutes. Arrange the wafers as preferred and add carrot fibre extract on top. Bake at 170°C in a fan oven for 6 to 7 minutes. Shape the wafers with the curved mould after taking them out the oven.

AZÉLIA 35% CRUNCHY COATING

Preparation time: 10 minutes

200g **AZÉLIA 35%** chocolate
20g Grape seed oil
50g Chopped hazelnuts

Melt the **AZÉLIA 35%** chocolate at 45°C and add the grape seed oil. Combine with the chopped hazelnuts. Use at approx. 35°C.

ASSEMBLY

Preparation time: 20 minutes

In the meantime, make the **AZÉLIA 35%** chocolate crunchy coating. Glaze the carrot cakes by immersing them in the crunchy coating. Be careful not to cover the top. Whip the **IVOIRE 35%** vanilla ganache and carrot juice until its texture is soft and frothy, easy to pipe. Use a piping bag with a 18mm nozzle to pipe the ganache onto each cake.

Add the finishing touch by adding a carrot wafer on top of the ganache.

Chef's tip

The carrot quantities given (fibre and juice) may be replaced by the same amount of beetroot for a more colourful dessert. This way, you can make beetroot cakes!

Nutrition tip

200g of juice can be extracted from 1kg of carrots. Whole carrots are used in this zero-waste recipe!