



Miele

Sous-vide carrots with Sichuan dressing

By Miele

20 minutes

Preparation time

1 hour 15 minutes

Cooking time

4

Serves

INGREDIENTS

Sous-vide carrots

- 6 carrots
- 2 tbsp finely diced shallot
- 50 g unsalted butter, diced
- ½ tsp salt flakes

Dressing

- 2 tbsp soy sauce
- 2 tbsp extra virgin olive oil
- 1 tsp sesame oil
- 1 tsp chilli flakes
- 2 tsp caster sugar
- 3 tsp Chinese black vinegar
- 2 tsp Sichuan peppercorns, toasted and ground
- 1 tsp sesame seeds

To serve

- ¼ cup finely sliced spring onions
- Coriander leaves
- Mint leaves
- Lemon juice to taste

METHOD

Sous-vide carrots

1. Place carrots, shallot, butter and salt into a large vacuum sealing bag. Place into the vacuum sealing drawer and Seal on setting 3 and Vacuum on setting 3.
2. Place the sealed bag on a wire rack in the steam oven and Sous-vide at 85°C for 1 hour and 15 minutes.
3. Remove carrots from the vacuum sealing bag and cut into bite sized pieces avoiding uniformity; they look better in different shapes.

Sichuan dressing

1. Mix all ingredients until well combined and set aside.

To serve

1. In a bowl, mix the carrot with half of the dressing and a good squeeze of lemon juice. Season to taste with more salt if desired.
2. Serve in a large bowl, drizzle with extra dressing if desired and scatter with coriander leaves and chives.