




















Flourless Carrot Cake

Ingredients

800 g Carrot(s), large
80 g Butter, salted
275 g Milk
112 g Cream cheese
138 g Sugar 
5.8 g Salt, kosher 
2.6 g Baking soda 
140 g Dark rum
35 g Raisins 
1 g Vanilla bean seed
7 g Cinnamon, stick whole 
0.6 g Green cardamom 
1 g Mace, powder 
1 g Carrageenan, iota 
1.1 g Carrageenan, kappa 
50 g Water
3 Carrot(s), small

Equipment

Pressure cooker 
Fine-mesh sieve 
The All in One™ Immersion
Blender 
Sous vide setup 
Petty knife 
Offset spatula 
Acetate paper 
Ring mold, 3.5" diameter 
Silicone baking mat 
Plastic disc and plastic
container, for cake stand 

Timing

About 3.5 hr

Yield

6 servings

1 Preheat Joule to 194 °F / 90 °C

ChefSteps cooks sous vide with Joule, the sous vide tool created by our in-house team of chefs, designers, and engineers. Compact and gorgeous, Joule is a WiFi-connected device you control easily with your smartphone. Learn more about Joule and sous vide, and you'll be whipping up amazing feasts like this in no time.

800 g *Carrot(s), large peeled*

400 g *Carrot(s), quartered and cored*
80 g *Butter, salted*
7 g *Cinnamon, stick whole* 🛒
0.6 g *Green cardamom* 🛒
35 g *Raisins* 🛒
40 g *Dark rum*
1 g *Mace, powder* 🛒
0.6 g *Baking soda* 🛒

100 g *Dark rum*

2 Peel, quarter, and core carrots

Peel and trim carrots.

Cut each carrot into 3-inch segments, then quarter each segment.

Lay each segment flat and remove the core.

TIP: The core of a carrot is often bitter and slightly woody; removing it yields a sweeter purée.

3 Pressure-roast

Bring the ingredients to a boil in the pressure cooker. Cover and cook for 20 minutes, swirling the pot every five minutes to ensure even cooking.

Remove from heat and let pressure fully subside.

4 Blend and sieve carrot mixture

Discard whole spices.

Blend base on high for three minutes.

Pass mixture through a fine-mesh sieve.

5 Reduce rum

In a saucepan over high heat, reduce rum to 20 g.

200 g Milk
150 g Carrot purée, from above
20 g Reduced rum, from above
50 g Sugar 🛒
4 g Salt, kosher 🛒
2 g Baking soda 🛒
1 g Vanilla bean seed
1 g Carrageenan, kappa 🛒
0.8 g Carrageenan, iota 🛒

38 g Sugar 🛒
1.9 g Salt, kosher 🛒
0.2 g Carrageenan, iota 🛒
0.1 g Carrageenan, kappa 🛒

75 g Milk
112 g Cream cheese

6

Combine purée with milk and rum; incorporate dry ingredients

With an immersion blender, combine 150 g carrot purée with milk and rum.

Fully mix dry ingredients. With blender running, add dry mixture to carrot mixture in small increments until fully incorporated.

7 Divide and seal carrot base

*Divide carrot base equally between two vacuum bags.
Seal and set aside.*

8 Mix dry ingredients for cream cheese base

Thoroughly mix ingredients in a bowl until fully combined.

9

Blend milk and cream cheese; incorporate dry ingredients

Blend milk and cream cheese with an immersion blender.

With blender running, incorporate dry ingredients slowly.

10 Divide and seal cream cheese base

Divide cream cheese base into two pouches, one containing twice the amount by weight of the other (about 150 g and 75 g).

11 Prepare ring mold

Line the ring mold with acetate paper to prevent sticking: cut a strip of acetate paper slightly longer than the mold's circumference and taller than its height. Place the prepped mold on a sheet pan lined with a Silpat or other silicone baking mat.

12 Cook first carrot pouch

Place one carrot custard pouch in the water for 9 minutes.

13 Pour first carrot layer into ring mold

When it's ready, cut a corner off the pouch and fill the ring mold a half-inch deep, being sure to work quickly.

Let set for 15 minutes at room temperature.

14 Cook first cream cheese pouch

Place the 75 g cream cheese custard pouch in the water for 9 minutes.

15 Pour cream cheese layer on carrot base

When it's ready, cut a corner off the pouch and layer a quarter inch of cream cheese custard onto the carrot base. This layer will set quickly, so beware! You can tilt the pan or gently tap the sides of the ring mold to help ensure a thin, even layer.

16 Cook second carrot pouch

Place the second carrot custard pouch in the water for 9 minutes.

17 Pour second carrot layer into ring mold

As before, cut the corner off the pouch and fill the ring mold a final half-inch.

Let set at room temperature for 20 minutes.

18 Cook second cream cheese pouch

Place the final pouch of cream cheese custard in the water for nine minutes.

19 **Set up cake stand; transfer cake**

Set up your cake stand: Overturn an empty container to serve as your pedestal. Place a circular plastic disc on top of this pedestal. The disc should be slightly smaller in diameter than the ring mold itself so that the cream cheese frosting won't pool at the bottom of the cake.

Transfer the carrot cake to the pedestal using a bowl scraper.

20 **Glaze**

Take the final cream cheese pouch out of the water, cut it open, and begin to glaze. Start by pouring directly over the center of the custard and, as glaze pools, move outward, glazing the edges last. Work fast: you want to ensure that cream cheese custard coats the cake evenly.

TIP: Agitating the pouch just before removing it from the circulator helps thin the custard base, allowing for a smoother pour.

21 **Chill**

Chill the custard in the fridge for one hour, until fully set.

3 Carrot(s), small

50 g Water
50 g Sugar 🛒

22 Prepare carrots for garnish

Discard all but 2 mm of the carrot greens.

Peel carrots.

23 Prepare simple syrup; package with carrots; cook

Prepare simple syrup: combine water and sugar, and heat until the sugar has dissolved.

Vacuum-pack carrots in simple syrup.

Seal and cook in 194 °F / 90 °C water for 30 minutes.

24 Halve candied carrots

Remove carrots from syrup and slice in half. Reserve for garnish.

25 Slice cake

Slice the cake in half and twist your knife slightly to wedge the two halves apart.

Slice each half into thirds.

26 **Garnish**

For garnish, add half of a candied carrot to each cake slice.

Let them eat cake!

Cake that you make yourself, you pro.

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