

## Emerald Highlands Inside-Out Carrot Cake



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Rohit Menon

- Sub Category Name  
Food  
Desserts
- Recipe Source Name  
Tea infused

### Used Teas



Exceptional Perfect  
Ceylon Tea

### Ingredients

#### Emerald Highlands Inside-Out Carrot Cake CEYLON TEA INFUSED CHEESE CREMEUX

- 1kg Cream Cheese
- 30g Dilmah Perfect Ceylon Tea
- 500ml Milk
- 400g Castor Sugar
- 18 Egg Yolks



- 10g Salt
- 60g Gelatin Powder
- 180ml Water
- 1kg Whipped Cream

### **CARROT CAKE INSERT**

- 30 Eggs
- 1350g Brown Sugar
- 10g Vanilla Essence
- 1125g Flour
- 40g Baking Soda
- 450g Walnuts, chopped
- 1.5Kg Carrots, grated
- 1.25g Oil

### **CARROT GLAZE**

- 600g Water
- 360g Granulated Sugar
- 36g Pectin
- 156g Carrot Puree

### **CARROT GLAZE**

- 400g Flour
- 400g Powdered Milk
- 40g Ginger Powder
- 250g Caster Sugar
- 120g Cornflour
- 20g Salt
- 550g Melted Butter

### **CARAMEL GANACHE**

- 810g Valrhona Caramelia
- 65g Trimoline
- 400g Single Cream

### **CINNAMON AND BROWN SUGAR MICRO SPONGE**

- 440g Eggs
- 70g Egg Yolks
- 160g Brown Sugar
- 60g Flour



- 10g Cinnamon Powder

## Methods and Directions

### **Emerald Highlands Inside-Out Carrot Cake**

#### **CEYLON TEA INFUSED CHEESE CREMEUX**

1. Bring the milk to a boil and add the Ceylon tea. Remove from heat and allow to steep for 5-10 minutes. Strain and set aside the tea infused milk.
2. Beat the cream cheese till completely smooth.
3. Incorporate the tea infused milk (prepared earlier) and whisk till smooth.
4. Beat the egg yolks, sugar and salt separately and fold into the cheese mixture mentioned above.
5. Mix the gelatin powder in water and set aside for 10 minutes to bloom. Now, melt the bloomed gelatin and fold into the mixture.
6. Lastly, incorporate the whipped cream.
7. Pour into desired moulds and chill/freeze.,

#### **CARROT CAKE INSERT**

1. Beat together the eggs, brown sugar and vanilla essence.
2. Fold in the flour and baking soda (combined together).
3. Now add in the grated carrot and walnuts.
4. Slowly incorporate the oil at the end.
5. Pour into desired moulds and bake at 180 C for 15-20 minutes

#### **CARROT GLAZE**

1. Mix the sugar and pectin and set aside.
2. Boil the water and carrot puree together.
3. Add in the sugar and pectin mixture and cook until the glaze thickens.
4. Take off heat and cool completely.

#### **CARROT GLAZE**

1. Make a dry mix of all the ingredients except the butter.
2. Once fully mixed, add the melted butter and form into a crumble.
3. Bake the crumble at 150 C for 10-12 minutes.

#### **CARAMEL GANACHE**

1. Mix together the single cream and trimoline in a pan and bring to a boil.
2. Pour the hot mixture over the Caramelia chocolate and use a hand blender/blender stick to emulsify



## **CINNAMON AND BROWN SUGAR MICRO SPONGE**

1. Whisk together the eggs, egg yolks and brown sugar until fully aerated.
2. Fold in the flour and cinnamon powder at the end of the process.
3. Place in paper cups and microwave for 40-45 seconds until fully risen and set.

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