

ELITE BISTROS

AT HOME



stickywalnut

BURNT
TRUFFLE

HISPI

WRECKFISH

PINION

KALA

Tandoori spiced carrots with toasted rice cream, curried kale ragi, pickled red onions

Tandoori spiced carrots

with toasted rice cream, curried kale ragu, pickled red onions

CARROTS

Soy

Carrot, vegetable oil, lemond rind

TOASTED RICE CREAM

Soy

Jasmine rice, rice milk, vegetable oil, salt

TOFU TANDOORI PASTE

Soy

Cumin seeds, coriander seeds, chilli, cardamon, clove, black peppercorn, lemon juice, garlic, fresh ginger, soft tofu, sea salt

CURRIED KALE RAGU

Mustard

Yellow mustard seeds, black onion seeds, sea salt, rapeseed oil, white onion, garlic, coriander, curly kale, sweet wine

PICKLED RED ONION

Mustard

Distilled white vinegar, bay leaf, fennel seed, yellow mustard seed, red chilli, sea salt, demerara sugar, dill

Please read the full method before starting to cook, every attempt has been made to make this process as simple as possible but a little foresight in the recipe will help you achieve the best results. Ensure your oven is pre-heated to the correct temperature before you begin.

1. Set your oven to 200°C and your grill to its highest setting.
2. Line a small baking tray with a little tin foil and empty the the tandoori carrots out onto the tray. Using a spoon, separate them out into an even layer. Drizzle the carrots with a little cooking oil (any type will do) then roast them in the oven for 10 minutes.
3. Whilst the carrots are roasting, empty the curried kale ragu and toasted rice cream into separate pans. Add a small splash of water to the rice cream to loosen it and set both pans over a low heat. Stir often and heat through until piping hot (the rice cream can easily seize up and become too thick, don't be afraid to add a little more water to it as it heats through; you are looking to achieve a loose custard consistency).
4. After the 10 minutes, carefully take the carrots from the oven and place the tray under your now, fiercely hot grill. Grill the carrots until speckles of black begin to form.
5. Take a warm plate and spoon the rice cream into its centre, allowing it to settle and form a large circle. Spoon the curried kale into the middle of the cream. Carefully take the carrots from under the grill and place them on top of the curried kale.
6. Evenly garnish the dish with all of the pickled red onions and serve (make sure you strain away any excess pickling liquor from the onion before putting it on your plate).

