



CARROT AND ORANGE SORBET, CARROT AND GINGER TUILES,
CARROT AND BOURBON COCKTAIL MOUSSE
10 PORTIONS

Recipe Collection by **Richard Wilson**

Sorbet

Qty	Unit	Ingredients:
300	ml	Carrot Juice
250	ml	Orange Juice
20	ml	Lemon Juice
500	ml	Water
250	g	Caster Sugar
1		Cinnamon Stick
2		Cloves

Cocktail

Qty	Unit	Ingredients:
3-4	each	Orange Segments
3	Shots	Carrot Juice
1	Shot	Orange Juice
1	Shot	Sugar Syrup (take a little from the sorbet mix)
0.5	Shot	Amaretto
1	Shot	Bourbon
1	dash	Ginger Juice
2	each	Gelatin Leaves

Tuiles

Qty	Unit	Ingredients:
100	g	Caster Sugar
100	g	Plain Flour
100	g	Soft Unsalted Butter
100	g	Egg Whites
10	g	Very finely grated carrot
1	pinch	Ground Ginger
0.5	each	Zest of Orange

Sorbet Method

Place the water, sugar, cinnamon stick and cloves into a saucepan and bring to a simmer for no more than 3-4 minutes, set aside to cool. Once the syrup has cooled add the Carrot, Orange and Lemon juice. Now taste your mix and if it needs a little freshening up add a little more lemon juice. To make this mix into a sorbet pour it into an ice cream maker and follow the direction described with the machine.

If you have no Ice cream maker it is still possible to make what is known as a "Granita". To do this, simply pour the cool mix into a large deep tray and place in the freezer. Return to the freezer about every 30 minutes and stir well with a strong metal spoon to break up the ice. After about 3-4 hours of this the mix should be frozen into a sort of slushy granular texture. It's a good idea to separate it into portions on the tray at this stage before it becomes too frozen.

Cocktail Method

The Cocktail can be made in 2 different ways.

1. This method is to make the cocktail for drinking. Begin by crush the orange and ginger in a cocktail mixer and add the Bourbon, Amaretto and Juices along with plenty of crushed ice. Give your cocktail a good shake before straining into a glass.
2. This method is to make the cocktail into a mousse for the top of the sorbet. 5 shots of the mix you have prepared for sorbet and add the bourbon and Amaretto. Now add the ginger. Soak the gelatin leaves for about 5 minutes in cool water before straining and melting in a small pot over a low heat. Add the gelatin to the cocktail mix and leave this in the fridge to set. Now place the jelly in a cream charger gun and add the gas. Shake well before using.

Tuile Method

A tuile is basically a very thin crisp biscuit. Add all the ingredients except the egg white to a food mixer with the blade attachment in. Turn on the mixer until the mix takes on a sandy texture. Now continue to mix while pouring in the egg whites through the top of the mixture. Once a smooth paste is formed remove from the mixer and allow to set in the fridge for a few hours.

To bake the biscuits place a sheet of grease proof paper onto a baking sheet (if you have a fan assisted oven you should place a couple of spoons or knives around the edge of the paper to prevent it blowing in the oven. Just take care not to touch them once they have come out of the oven!). Using a teaspoon or pallet knife spread small quantities of the mix well apart from each other on the tray. You can also use a template to shape the mix onto the tray in shapes like triangles or feathers etc. Bake at 180 degrees for about 4 minutes or until they turn golden brown. While the biscuits are still hot from the oven it is possible to take them from the tray and shape them over a rolling pin or in a cup to take on the desired shape but you need to work fast as once they cool they set hard.

To Present

The Cocktail can be made in 2 different ways.

1. Use a Martini Glass to serve the sorbet. Place a ball in the centre of the glass. If you have used a cream charger squeeze a little of mousse over the top and arrange one or two tuiles in the glass. If you have not used a charger simply pour a little of the cocktail mix over the top before adding your tuile biscuits. A nice addition to the presentation is a little popping candy in each glass which just adds a little fun to the dish!
2. You could also make a really good Daiquiri by placing some of the sorbet in a food mixer and adding the cocktail, blend and pour into a glass along with a straw or two, Enjoy!

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