



CARROT AND GINGER POLENTA



QimiQ BENEFITS

- Enhances the natural taste of added ingredients
- Stable consistency
- Can easily be pre-prepared
- Reduces skin formation



15



easy

INGREDIENTS FOR 10 PORTIONS

FOR THE POLENTA

200 g	Carrot(s)
	Olive oil
200 ml	Water
200 g	QimiQ Classic, unchilled
180 g	Polenta [maize semolina]
160 g	Parmesan, grated
160 g	Mascarpone
2 g	Ginger powder
	Salt
	Pepper
	Lemon peel, finely grated
	Ground nutmeg

TO FILL

1 small	Carrot(s), cooked
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METHOD

1. For the polenta: peel the carrots, slice and cook in the Convotherm until soft.
2. Puree the carrots with the water and QimiQ Classic. Place into a saucepan and bring to the boil. Slowly add the polenta stirring continuously, remove from the heat and allow to draw. Add the parmesan, mascarpone and ginger and season to taste with salt, pepper, lemon zest and nutmeg.
3. Half fill a terrine mould lined with cling film with the polenta.
4. Lay the carrot on the polenta and top with the remaining polenta to fill the mould. Chill well.
5. Portion into 4 cm thick slices and regenerate at 130° C for 3-4 minutes in the Convotherm.
6. Serve with meat.