

CATIE Awards Submission 2024

**BEST MAIN COURSE
PLATE
PRESENTATION**



CARROT WELLINGTON

SYNOPSIS

It's never easy recreating a classic and well known dish like the Beef Wellington as a vegan dish. We reimagedined it as a Carrot Wellington. Our version of this dish not only allows you to taste the freshness of the garden, it also creates an appetizing visual, using a rainbow of colored carrots.

What sparked the concept of our main course was one of the biggest questions we receive from both social and corporate clients: "What is the vegan option?"

Understanding that hosts often want to be respectful and accommodating to their guests' dietary requests. As chefs, we tend to have the most practice with creating beautiful plating on beef or fish dishes that are more commonly requested. Oftentimes the vegan option is left to a plate of "side dishes" that is an afterthought since there are typically not as many orders on a large event. We wanted to challenge that idea and create a vegan dish that could be a star on its own both visually and in taste, so much so, that a guest would be intrigued to order it over the typical beef or fish option presented to them. For the design of the plate, we wanted to focus on the visual component of color while also keeping it classic to a Beef Wellington. To achieve this look we decided to have three sliced pieces on the plate, one upright as a classic Beef Wellington would be and one laying down to showcase the vibrance of the different colors used in the baby carrots..

As a catering company, it's not easy to reinvent the wheel with classic dishes. We found this Carrot Wellington to be completely original, including classic elements like the duxelles as well as thinking outside the box with the other ingredients and colorful flourishes.

We wanted to ensure all components of the Carrot Wellington were vegan. We used brown cremini and baby portobello mushrooms for the duxelles. This technique really played a part into having a dark color contrast of the roasted mushrooms against the rainbow colors of the carrots. When you plate a dish with protein, typically the protein gives the texture your eyes will search for, but for this main dish we used a couple different techniques to achieve the desired allure and visual appearance. We also created a chestnut cream, cooked very lightly with aromatics and deglazed with oat milk, then blended very smooth and passed through a fine mesh sieve.

We lay the plant based puff pastry on a table twelve inches by six and half inches. Then, the velvet chestnut cream is spread on top. Then, we spread the most even layer of the mushroom duxelles. Lastly the colorful carrots are placed on top with one more layer of chestnut cream as the inside glue to roll into a cylindrical shape. We brush each Wellington with olive oil and baked to golden brown. The sauce for the Wellington had to contrast the earthy tones of flavor, but also had to be white to make the colorful carrots pop off the plate.

Parsnips are perfect for this plate. The goal was to make the whitest puree utilizing a sous vide technique. The parsnips are sous vide with grape seed oil, thyme, lemon and then blend on high to make a smooth, glistening puree. As we were envisioning the final plate, we felt it was missing something green to help highlight the essence of a garden for the carrots. We added the dill oil to give it the neon green effect. That brought the plate visually together as well as taste. The final touch was to add a fresh, raw ingredient. We added red mustard frill for its pepper taste and red vein sorrel for its citrus taste. This tied the entire plate together both in flavor profile and design.

When plating this Carrot Wellington, first take the room temperature parsnip puree to make sure it's loose enough to fall off the spoon but stiff enough to create a peak. Place a spoon of parsnip puree on the left side and take the side of the spoon and drag the spoon to the bottom right of the plate. Spoon more of the parsnip puree starting from the right, in a quick movement turn the spoon over and move to the bottom left of the plate. Place three slices on the plate, two laying down and one slice standing up in the middle. With the dill oil, drizzle on the plate in crevices between the Wellington and puree. The final touch will be placing red vein sorrel and red mustard frill in the negative areas.



The Carrot Wellington plate is easily executed at an event. The sauce is room temperature. The hot Wellington rolls are pre-sliced ahead of time and the dill oil is kept in a squeeze bottle. Having the greens washed and ready to go also helps with speedy plating. Reducing the number of components on the plate helps with less labor at events and requires less cooks to be staffed for a full service plated service.

The biggest challenge in creating and plating this dish was to ensure all the ingredients were 100% vegan. The Dufour Plant Based Puff Pastry was not easy to find. Creating the chestnut cream without dairy (incorporating oat milk instead) and being able to ensure all components of the plate balanced flavor and visual appeal at the same time.



CARROT WELLINGTON

RECIPES



Parsnip Puree

Yield: 1 qt

Ingredients:

| 1x | 2x | 4x | Ingredient |
|------|----|----|----------------------|
| 750g | | | Parsnip, small diced |
| 125g | | | EVOO |
| 10g | | | Thyme |
| 6g | | | Salt |
| 3g | | | Black Peppercorn |
| 4g | | | Xanthan gum |
| 2pc. | | | Bay leaves |
| 10g | | | Garlic |
| 6g | | | Lemon zest |

Equipment:

| Quantity | Equipment |
|----------|----------------------|
| 1 ea. | Circulator |
| 1 ea. | Ziplock bag |
| 1 ea. | Medium pot |
| 1 ea. | knife/ Cutting board |
| 1 ea. | 1 gallon cambro |
| 1 ea. | Peeler |
| 1 ea. | Micro-plane |
| 1 ea. | Vitamix |
| 1 ea. | Tamis and bowl |

Procedure:

1. Peel all parsnips cut off the stem top of each parsnip, smash garlic and add all ingredients to the zip lock bag.
2. Fill up cambro with water and set the circulator to 160 degrees fahrenheit.
3. By using water displacement, dip the ziplock bag in the water forcing all air to escape and then seal the bag.
4. Once the circulator reaches temperature, set a timer for 4 hours.
5. Once cooked remove thyme, bay leaves and black peppercorn from parsnips.
6. Set aside liquid from the bag, blend a small amount of parsnips and lemon zwst in the vitamix. Using a small rubber spatula scraping the sides of the blender and emulsifying the liquid that was set aside. While the vortex is on high add 2 grams of xanthan gum into the blender.
7. Use a tamis to strain the puree into a bowl, season with salt.

Urfa Roasted Rainbow Carrots

Yield: 5#

Ingredients:

| 1x | 2x | 4x | Ingredient |
|------|----|----|-----------------------------|
| 5 # | | | Baby Rainbow Carrots Peeled |
| 250g | | | EVOO |
| 15g | | | Salt |
| 30g | | | Urfa |

Equipment:

| Quantity | Equipment |
|----------|---------------------------------------|
| 1 ea. | Large mixing bowl |
| 1 ea. | Large sheet tray with parchment paper |
| 1 ea. | Oven |
| 1 ea. | Cutting board / knife |

Procedure:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Nip the tops and bottoms of the carrots with a knife.
3. In a large mixing bowl, toss the carrots with EVOO, salt and urfa.
4. Spread the carrots evenly on a lined sheet tray.
5. Roast in the oven for 25 - 30 minutes or until fork tender.

Chestnut Cream

Yield: 1 qt.

Ingredients:

| 1x | 2x | 4x | Ingredient |
|------|----|----|---------------------------|
| 650g | | | Cooked Blanched Chestnuts |
| 250g | | | Oatmilk |
| 50g | | | Shallots julienne |
| 25g | | | Garlic sliced |
| 15g | | | Salt |
| 25g | | | EVOO |

Equipment:

| Quantity | Equipment |
|----------|----------------|
| 1 ea. | Medium Rondoux |
| 1 ea. | Spatula |
| 1 ea. | Robot Coupe |
| | |

Procedure:

1. In a medium rondoux, sweat the shallots and garlic. Once the shallots are tender and the garlic are aromatic add the chestnuts.
2. Toast the chestnuts til they start to turn into mush.
3. Deglaze with oat milk.
4. Season with salt and simmer till the chestnuts are smooth.
5. Process in the robot coupe and emulsify with EVOO.

Mushroom Duxelle

Yield: 1 qt.

Ingredients:

| 1x | 2x | 4x | Ingredient |
|------|----|----|------------------------|
| 500g | | | Cremini sliced |
| 400g | | | Baby portobello sliced |
| 125g | | | Shallots julienne |
| 35g | | | Garlic sliced |
| 15g | | | Thyme |
| 20 | | | Salt |
| 50g | | | EVOO |
| 150g | | | White wine |

Equipment:

| Quantity | Equipment |
|----------|----------------------|
| 1 ea. | knife/ cutting board |
| 1 ea. | Sheet tray/ Oven |
| 1 ea. | Medium ronoux |
| 1 ea. | Robot Coupe |

Procedure:

1. Wash and slice both types of mushrooms, toss in half the amount of EVOO and roast in the oven with thyme and garlic.
2. In the rondoux sweat the shallots, then add the roasted mushrooms.
3. Deglaze sheet tray with the white wine. Cook down all the wine and liquid till dry.
4. Remove thyme, place mushrooms into the robot coupe and pulse till a grainy texture.

Dill Oil
Yield: 1 pint

Ingredients:

| 1x | 2x | 4x | Ingredient |
|------|----|----|---------------|
| 500g | | | Grapeseed Oil |
| 100g | | | Chives |
| 4g | | | salt |

Equipment:

| Quantity | Equipment |
|----------|--------------------------|
| 1 | Vita Mix |
| 1 | Pot |
| 1 | Ice Bath |
| 1 | Fine Mesh Chinois |
| 1 | Ladle |
| 1 | Rubber Spatula |

Procedure:

1. Blanche dill in boiling water then shock.
2. Squeeze excess water from dill and chop.
3. Add to Vita Mix with grape seed oil and blend, increasing speed from lowest to highest.
4. Keep blending on high until mixture is warm.
5. Strain through sieve and force the oil through with the ladle.
6. Pack directly into squeeze bottle.

vegan



CARROT WELLINGTON | plated

carrot wellington | chestnut cream | dill oil | lemon | red
mustard frills | red vein sorrel

Slice the rolls into half-inch pieces and lay them on a lined sheet tray. Heat for 10 minutes in a 350° oven. Keep the parsnip puree and dill oil at room temperature.

Squeeze a small amount of lemon juice over the mustard fillings in a mixing bowl.

Spoon a swoosh and a smear of puree on the plate perpendicular to each other. Place two slices of the wellington down and one slice standing up. In the crevice of the puree drizzle the dill oil and place the mustard frills.

Finish with Maldon Sea Salt

EQUIPMENT

large bowl

Sheet tray

spoon

