

Miele

Coffee braised carrots with rye, dill and maple crème fraiche

By Miele

10 minutes

Preparation time

1 hour 30 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Rye

2–3 slices dark rye bread,
torn into small random
sized pieces
2 tbsp extra virgin olive oil
Sea salt, to taste

Braised carrots

500 g baby or young
carrots, scrubbed and
trimmed
½ cup coffee beans, dark
roast
Neutral oil
Sea salt, to taste

Crème fraiche

1 cup crème fraiche
1 tbsp maple syrup
Sea salt, to taste

To serve

Small bunch fresh dill,
leaves picked

METHOD

Rye

1. Preheat the oven on Fan Plus at 160°C.
2. In a small bowl, add the rye pieces, the extra virgin olive oil and a pinch of salt and toss to combine. Transfer to a baking tray.
3. Place into the oven on shelf position 2 and cook for 15 minutes, or until crisp. Allow to cool.

Braised carrots

1. Preheat the oven on Conventional at 180°C.
2. In a large bowl, add the carrots and coffee beans. Drizzle with oil, season with a large pinch of salt and toss to combine. Transfer into a gourmet oven dish with a lid.
3. Place the carrots into the oven on shelf position 2 and cook for 1 hour 15 minutes.

Crème fraiche

1. Mix the crème fraiche and maple syrup together and season with a little salt.

To serve

1. Spread some crème fraiche onto a large serving platter, arrange the carrots on top, sprinkle over the rye pieces and garnish with fresh dill. Serve hot or at room temperature.

Hints and tips

- A neutral oil such as sunflower or grapeseed oil works well in this recipe.
- Use new sweet carrots for this dish.