






 **71%**  
HEALTH SCORE

# Carrot Ice Cream Cake

 Very Healthy

READY IN  
  
**440 min.**

SERVINGS  
  
**8**

CALORIES  
  
**3192 kcal**

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 17 ounces carrot reduction (need 30 large carrots)
- 2 cups carrots organic ( 3 large)
- 17 ounces tempered chocolate white
- 17 ounces cocoa butter
- 17 ounces cup heavy whipping cream
- 8 servings cream cheese or (recommended: Brilliant Savarin Cheese)

- 3.5 ounces milk dry
- 30 egg yolks
- 4 eggs
- 10 ounces flour all-purpose
- 3.5 ounces glucose
- 4.5 ounces glucose dry
- 5 ounces glucose
- 2 teaspoons ground cinnamon
- 8 ounces heavy cream
- 0.3 ounce ice cream stabilizer
- 7 ounces fondant icing
- 1 liter milk
- 17 ounces milk
- 1 cup hickory nuts
- 1 cup hickory nuts whole toasted
- 10 ounces oil
- 0.3 ounce pectin nh (found in specialty stores)
- 2.2 pounds pineapple puree fresh (2 large golden pineapples)
- 3.5 ounces pineapple reduction (need 1 large pineapple)
- 8.5 ounces pineapple (1 large golden pineapple)
- 0.5 teaspoon salt
- 1 pinch salt
- 1.5 teaspoons salt
- 8.5 ounces sugar
- 14 ounces sugar divided
- 15 ounces sugar
- 1 teaspoon vanilla extract
- 22 ounces chocolate white (recommended: Valhrona)
- 8 servings masking tape

- 8 servings toothpicks
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- 8 servings toothpicks

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- double boiler
- toothpicks
- wooden spoon
- cookie cutter
- microwave
- spatula
- ice cream machine
- juicer

## Directions

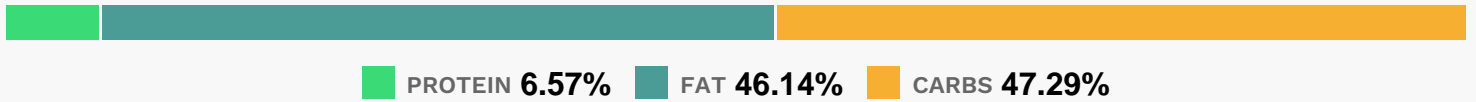
- Special equipment: Toothpicks Masking tape
- In a kitchen aid bowl, with paddle attachment, add the oil and sugar.
- Mix well, about 1 minute.
- Add the eggs to the bowl and mix. Once the eggs are mixed, sift the dry ingredients and add to the bowl.
- Mix until incorporated. When the flour has been mixed, add the carrots, drained pineapple and nuts.

- Mix well, scraping down the sides of the bowl.
- Pour the mixture onto a full sized sheet pan that has been lined with a silpat.
- Preheat the oven to 350 degrees F and bake until golden brown, approximately 10 minutes, rotating at the halfway point.
- Cool the cake to room temperature then place in the freezer to chill.
- Place the milk, cream, half of the sugar, glucose and salt in a saucepan. Bring it to a simmer.
- While this is heating, crack the yolks, and place the other half of the sugar to the side.
- Place the cheese in a bain marie that has an ice bath nearby.
- Once the milks are hot, whisk the sugar into the yolks, temper the eggs with the hot milk, and stir.
- Place it back in the pan, and onto medium heat. Cook the ice cream until thickened enough to coat the back of a wooden spoon.
- Pour the anglaise into the bain marie, over the cheese. Allow it to cool completely, then burmix the anglaise and strain it through a fine sieve.
- Pour into your ice cream machine and chill in freezer for at least 1 hour.
- Begin by peeling and juicing approximately 30 carrots. Using a juicer, juice the carrots to yield 2 liters juice. Cook the carrot juice until reduced to about 17 to 18 ounces. It should have become thick.
- Juice 1 pineapple with a juicer and then just like the carrot juice, cook it until reduced to 3 1/2 ounces.
- To begin the ice cream, place the milk and cream in a saucepan.
- Mix together the sugar, dry milk, dry glucose and stabilizer.
- Whisk it into the milks. Cook the mixture to 185 degrees F.
- While the mixture is heating pour the carrot juice and pineapple into a bain marie with an ice bath.
- Pour the mixture over the juices and cool completely.
- Strain through a chinois and put in ice cream machine. Freeze for at least 1 hour.
- With the left over pulp from the grated pineapple from the carrot cake, place it into the blender and puree. Pat the chips out onto a silpat and sprinkle with powdered sugar.
- Preheat the oven to 210 degrees F.
- Place the chips into the oven for at least 2 hours.

- Once the chips are dry, take the chips out of the oven, and turn the temperature up.
- Using a small wooden dowel, heat the chips until pliable and roll the chips around the dowel and then pull them off. Cool, set aside.
- Using fresh Pineapple, peel 2 pineapples, cut them up and remove the core.
- Place it into the blender and puree until smooth. Strain the puree through a chinois.
- Mix the sugar, pectin and salt. In a pan combine the puree with the sugar and pectin and add the vanilla.
- Cook on medium heat until thick, approximately 3 minutes after it comes to a simmer.
- Strain the sauce and put into a bain marie to cool completely.
- Place in a squeeze bottle.
- Heat the cocoa butter until melted in the microwave.
- Heat the white chocolate separately in the microwave until melted. Now that the 2 are melted, burmix them together and mix in the vanilla and salt. Strain through a chinois. Keep in a warm place until ready to spray your cake.
- Place the glucose and fondant together in a small pan, and cook until pale golden.
- Pour it into a small glass bowl. Allow to cool but not set up.
- While cooling pierce 6 hickory nuts with toothpicks.
- Place a piece of masking tape up on the edge of a table or the edge of a shelf. Dip the nut into the sugar and stick the toothpick into the masking tape so that it can hang and the sugar drips and it cools.
- Cut it however long you want your spear.
- Now that the cake is frozen, cut out pieces of cake using a 6-inch cake ring. With large cookie cutters cut out 2 more circles that are 4 inches in diameter.
- Place the cake ring on a cardboard that is the same size. Line the ring with a piece of acetate.
- Place the largest piece of cake on the bottom.
- Paddle the cheese ice cream in a kitchen aid bowl to soften it.
- Place it into a piping bag and pipe around the base of the cake and all the way up the sides of the ring. Just so the sides of the ring are covered with ice cream. Allow it to chill 5 minutes.
- Paddle the carrot ice cream the same way, and place it into a piping bag.
- Pipe a layer of ice cream over the cake.

- Place it into the freezer 10 minutes.
- Place another layer of cake, and repeat with ice cream.
- Place it into the freezer for 10 minutes.
- Pipe a thin layer of pineapple sauce over the ice cream. Allow to freeze for 10 minutes.
- Pipe a layer of cheese ice cream over the sauce. Freeze for 10 minutes.
- Place the last cake over, and pipe the cheese ice cream on the top to finish. With an off-set long metal spatula, smooth out the top. Allow the cake to freeze for at least 1 hour.
- Once frozen, pull out the cake, remove the ring and the acetate. Smooth out the sides.
- Prepare to spray the cake with the white chocolate spray.
- Once the cake is sprayed, place it into the freezer while tempering chocolate.
- Temper chocolate and spread onto transfer sheet, cut as desired.
- Place the tempered chocolate on the outside of the cake, adhering it by using honey.
- Garnish the top with pineapple sauce and hickory nut spears.
- Serve with pineapple sauce.

## Nutrition Facts



### Properties

Glycemic Index:134.48, Glycemic Load:187.79, Inflammation Score:-10, Nutrition Score:76.396956568179%

### Flavonoids

Catechin: 39.05mg, Catechin: 39.05mg, Catechin: 39.05mg, Catechin: 39.05mg Epicatechin: 118.33mg, Epicatechin: 118.33mg, Epicatechin: 118.33mg, Epicatechin: 118.33mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

### Nutrients (% of daily need)

Calories: 3191.51kcal (159.58%), Fat: 174.83g (268.97%), Saturated Fat: 71.38g (446.1%), Carbohydrates: 403.19g (134.4%), Net Carbohydrates: 367.96g (133.8%), Sugar: 284.3g (315.89%), Cholesterol: 963.45mg (321.15%), Sodium: 1326.63mg (57.68%), Alcohol: 0.17g (100%), Alcohol %: 0.02% (100%), Caffeine: 178.32mg (59.44%), Protein: 55.99g (111.97%), Vitamin A: 18371.27IU (367.43%), Manganese: 5.39mg (269.48%), Copper: 3.52mg

(175.9%), Phosphorus: 1571.77mg (157.18%), Fiber: 35.23g (140.92%), Magnesium: 544.42mg (136.1%), Vitamin B2: 2mg (117.82%), Selenium: 79.85µg (114.08%), Vitamin C: 87.55mg (106.12%), Iron: 16.57mg (92.06%), Calcium: 872.1mg (87.21%), Potassium: 2697.84mg (77.08%), Vitamin E: 11.19mg (74.58%), Zinc: 10.92mg (72.78%), Folate: 276.21µg (69.05%), Vitamin B1: 0.94mg (62.73%), Vitamin D: 8.89µg (59.25%), Vitamin B12: 3.52µg (58.68%), Vitamin K: 58.73µg (55.94%), Vitamin B5: 5.46mg (54.63%), Vitamin B6: 1.04mg (51.85%), Vitamin B3: 8.26mg (41.29%)