

classical v. modern



left: Richard Rosendale, CMC
right: Corey Siegel, CC

Nothing appears more basic than glazed carrots, except when prepared in the proper Escoffier way with its precise ingredients and cookery. Carottes a la Vichy is a standard that all culinary students should learn early in their careers as a foundation from which to leap, says Corey Siegel, CC, a chef at The Greenbrier, White Sulphur Springs, W.Va., and a 2010 graduate of The Culinary Institute of America (CIA), Hyde Park, N.Y.

He notes that the recipe is not proper without Vichy water (mineral water from France), and it wouldn't be prudent to add the minced parsley to the pan at the end of the cooking process. Only sprinkle it on the carrots after they are plated, per Escoffier.

If you understand the basics of what seems

mundane, if not precise, then you can move on to more creative renditions, says Richard Rosendale, CMC, The Greenbrier's executive chef and director of food and beverage.

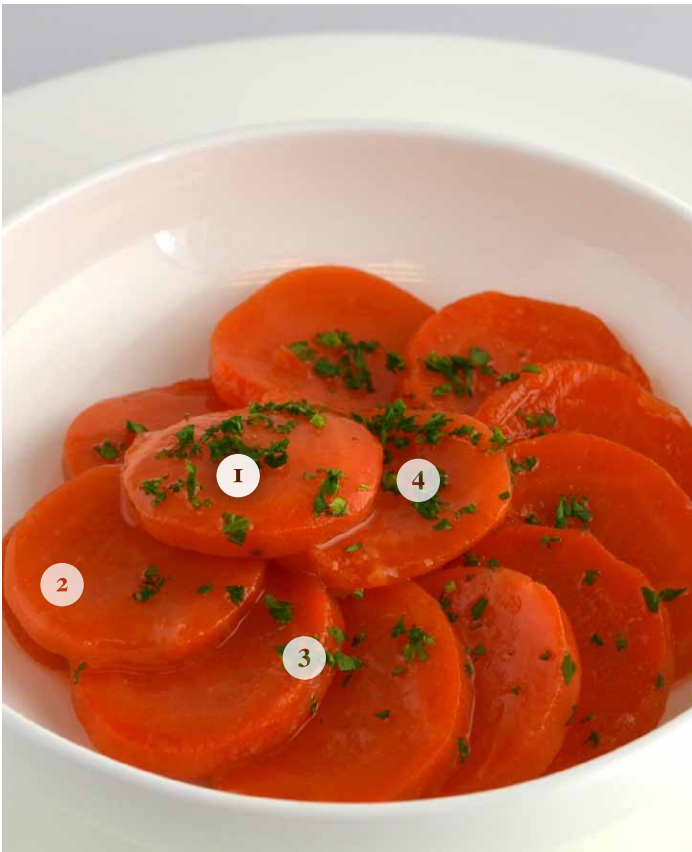
His modern Sous-Vide Carottes a la Vichy with Carrot Gelee and Parsley Silk is similar to a dish he and Siegel developed and prepared for competition at the Bocuse d'Or in Lyon, France, in January 2013. Rosendale was USA team captain, while Siegel was his commis.

For this version, they thought through the idea of intensifying the sweet carrot and herbaceous parsley flavors and came up with sous-vide-prepared carrot cylinders wrapped in a molecular-gastronomy-style carrot "noodle," filling the hollowed carrot with carrot puree and placing the creation atop parsley aioli.

"It's taking two simple flavors and trying to accelerate their flavor," Rosendale says. "You have the brilliant flavor affinity, and it's delivered in a refined package."

He is used to thinking of recipes through the eyes of competition, which is different from restaurant menu practicalities. "Rather, they are to inspire you to think creatively in your own way," he says. At the restaurant level, you can couple different textures of any vegetable on one plate.

Using broccoli, for example, Rosendale notes that you can cut the stem into a cube, cook it in a bit of butter and stock, season it and put it on the plate, then puree broccoli florets to add to the plate, and finally, add other broccoli florets to a food dehydrator for a crispy application.



classical

CAROTTES A LA VICHY **1.** Slice peeled carrots uniformly into 1/4-inch rounds. **2.** The cooked carrots should hold their shape, but as soon as you cut into them, there should be no resistance. **3.** The carrots should taste a little sweet, nicely seasoned with salt, buttery and have a nice glaze. **4.** In proper Escoffier style, sprinkle minced parsley over the top after plating the carrots.



modern

SOUS-VIDE CAROTTES A LA VICHY WITH CARROT GELEE AND PARSLEY SILK **1.** For added sweetness, fill the sous-vide-prepared carrot cylinder with carrot puree. **2.** Form ridges by wrapping a carrot "noodle" (a molecular gastronomy application) around the carrot cylinder. **3.** Rather than use minced parsley, plate the carrot with parsley aioli. **4.** Finish with a garnish that ties into the flavor, as in pink-tip parsley.

classical

Corey Siegel, CC, age 22, knew what profit-and-loss statements were before he could walk, with parents who both were involved in the foodservice industry. Like his mother, Siegel graduated from the CIA, not far from his hometown of Buffalo, N.Y.

In October 2013, he graduated from a three-year apprenticeship at The Greenbrier, which put him under the tutelage of executive chef Richard Rosendale, CMC. In addition to studying for his apprenticeship and rotating foodservice positions throughout the hotel, he spent his senior year training with Rosendale as the 2013 Bocuse d'Or USA commis. Together, they competed in Lyon, France, in January, finishing seventh out of 24 countries.

The year of training was a whirlwind. In preparation, the kitchen inside The Greenbrier's bunker, which was built during the Cold War, was ripped out and replaced with an exact replica of the kitchen they would work from in France. The pair practiced in the kitchen daily from 10 a.m. to 7 p.m. "We had speakers playing the music from the last competition," Siegel says.

Siegel is staying on at The Greenbrier, preparing to try out for 2016 ACF Culinary Team USA. "Long-term, I want to stay

on the competition circuit. I would love to be on the 'culinary Olympics' team, then do the Bocuse d'Or again in six years, then have my own restaurant one day," he says.

He notes that Classic Carottes a la Vichy is a simple vegetable preparation requiring few ingredients. However, proper vegetable cookery is something students should learn early in their careers. The carrots should taste a little sweet, nicely seasoned with salt, buttery and have a nice glaze. "They should hold their shape, but as soon as you cut into them, there should be no resistance. They should just melt in your mouth," he says.

An important key to the classical recipe is the use of water, which is a naturally sparkling mineral water drawn from springs on the Allier River in France. The kind of water is important, in the same way that the water used to make a pizza dough determines the end product. "You can go cook in Italy, and take the exact same recipe and do it in America, just changing out their tap water for our tap water, and you'd have a totally different product," Siegel says.

The cooking technique could be applied to other vegetables, such as cauliflower, butternut squash and rutabagas, he says. ■

Carottes a la Vichy

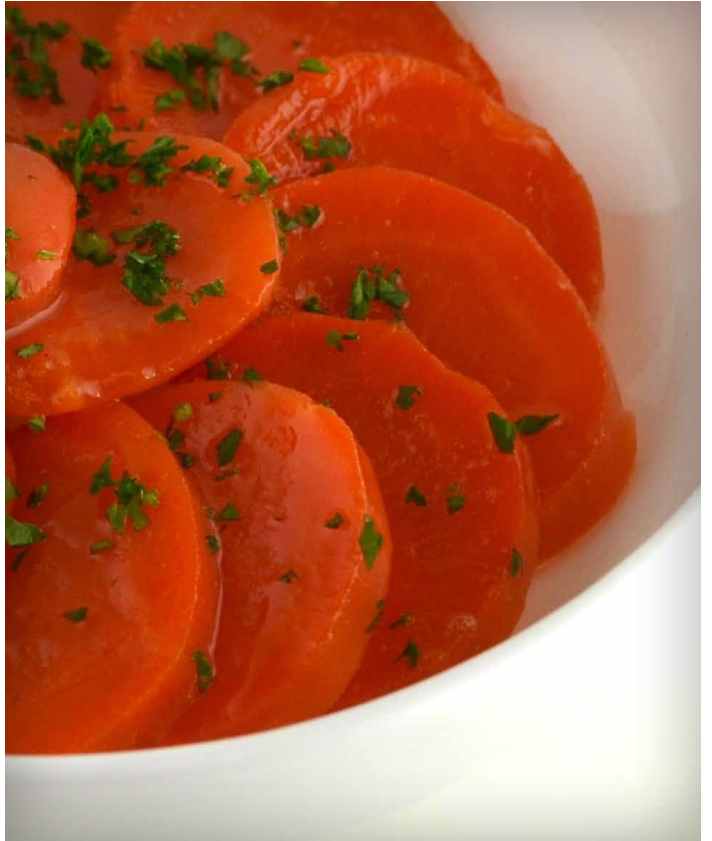
Yield: 2 servings

Ingredients:

500 grams **carrots**, sliced
500 grams **Vichy water**
5 grams **salt**
45 grams **sugar**
55 grams **butter**
1 T. **parsley**, minced

Method:

1. Peel carrots; slice into ¼-inch rounds.
2. Combine all ingredients in heavy-bottomed saucepan; bring to a boil. Cook until water almost entirely evaporates. (Reduction may have consistency of syrup.)
3. Saute carrots in reduction, covering them with a brilliant coat.
4. To serve, place in a timbale; sprinkle with chopped parsley.



modern

Richard Rosendale, CMC, works well in the culinary pressure cooker, not just from his lofty position at The Greenbrier overseeing 13 food and beverage venues, including seven full-service restaurants, but from his experience participating in more than 45 national and international culinary competitions.

He was one of only five chefs to represent the U.S. in the 2004 “culinary Olympics” in Erfurt, Germany. The team ranked No. 1 for the hot kitchen, beating 32 countries. In 2006, he was appointed team captain of 2008 ACF Culinary Team USA, which earned three gold medals.

Rosendale cut his culinary teeth at The Greenbrier, completing its apprenticeship program in 1999. He worked in fine dining there for five years, then left and opened two restaurants in Columbus, Ohio. He returned to The Greenbrier in 2009. In 2010, Rosendale earned the prestigious title of certified master chef.

Since his return to The Greenbrier, the resort food and beverage offerings have tripled, including the addition of a 44-acre farm from which Rosendale sources 75 percent of the hotel’s produce during peak season. “We use three tons of tomatoes every week in peak season, or 6,000 pounds,” he says.

The local spirit of Carottes a la Vichy is served by Rosendale’s location, including spring water from The Greenbrier, as well as the carrots and parsley.

His expertise with sous-vide cooking, which he and Siegel applied to a carrot dish they presented as part of the Bocuse d’Or competition in Lyon, France, led to his modern Sous-Vide Carottes a la Vichy with Carrot Gelee and Parsley Silk recipe.

He aimed for heightened flavor beyond basic glazed carrots. He achieved sweetness from the carrot-puree filling he added to the sous-vide carrot cylinder. A

third intense layer of carrot flavor comes from sweetened carrot juice he turns into a carrot “noodle” via molecular gastronomy. “All together, it’s a super-carrot. When you bite into it, it’s like an explosion of carrot flavor,” he says.

That noodle represents his greatest caution. “You have to be very careful not to go overboard with the use of those ingredients. “We had just enough in there that it gives the carrot gel kind of an elastic characteristic, but without tasting ‘off.’ Really, it’s a seaweed extraction, but when you bite into it, it melts in your mouth. It tastes like you are biting into 10 carrots.” ■

Sous-Vide Carottes a la Vichy with Carrot Gelee and Parsley Silk

Yield: 14 servings

Carrot juice

Ingredients:

340 grams **carrot juice**
 10 grams **ginger**, peeled and sliced
 20 grams **white wine vinegar**
 2 **limes**, juice only
 20 grams **sugar**

Method:

Combine all ingredients; simmer 10 minutes. Strain through chinois; chill over ice bath. Reserve.

Carrot noodles

Ingredients:

300 grams reserved **carrot juice**
 1 gram **locust bean gum**
 1 gram **kappa-carrageenan**
 0.5 grams **iota-carrageenan**
 0.5 grams **calcium lactate**
 1 t. **xanthan gum**

Method:

1. Blend all ingredients in high-powered blender at low speed for 30 seconds. Allow bubbles to settle.
2. Heat in pan while gently whisking until reaches 156°F.
3. Using syringe, fill ¼-inch plastic tubing with mixture. Submerge tubes in ice water, except for tube openings, for 10 minutes. Using syringe, blow out tubes.

Carrot cuisson

Ingredients:

4 **carrots**
 8 **coriander seeds**
 35 grams reserved **carrot juice**
 2 grams **salt**

Method:

Peel carrots; cut cylindrical shapes using apple corer.

Season carrots with salt and carrot juice. Cook sous-vide 1 hour, 40 minutes, at 185°F. Shock carrots in ice water. Once chilled, remove from bag. Discard liquid. Cut out center using ¼-inch metal tube.

Carrot puree

Ingredients:

1 pint **cream**
Carrot trim
Ultratex, to taste
Salt, to taste

Method:

Thinly slice all excess carrot trims; simmer in pot with cream until tender. Season with salt. Blend in high-powered blender until silky smooth. Use ultratex, if necessary, to slightly thicken puree.

Parsley aioli

Ingredients:

100 grams **parsley**
 400 grams **grapeseed oil**

118 grams **sour cream**

Salt, to taste

White pepper, to taste

Procedure:

Blend parsley and grapeseed oil in high-powered blender on high for 2 minutes. Strain oil through coffee filter. Combine 4 oz. parsley oil with 1 cup sour cream; season with salt and white pepper.

Assembly:

Fill carrot cuisson with puree; clean edges with spatula. Stand carrot upright. Holding carrot noodle in the air, wrap around filled carrot from bottom to top. At top, slice noodle on an angle so it blends into piece behind it. Place drop of aioli in center of plate and on side. Place carrot on top of center aioli. Garnish with pink-tip parsley.

