

## Gajar Ka Carrot



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Karol from The Immunity inspired by tea challenge

- Sub Category Name
  - Food
  - Sorbets
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## Used Teas



Lemon

## Ingredients

## Gajar Ka Carrot

*Note: Dilmah's Teas hydrates the body, helps reduce the risk of heart disease, protects from cancer and improves cognitive processes.*

- 200g Carrots
- 30g Brown Sugar
- 5ml Dark Rum
- 3g Cardamom
- 10g Butter
- 100g Dilmah's Lemon Tea Sorbet

## Methods and Directions

### Gajar Ka Carrot

- Perfect pairing for that cocktail could be a Ticon shrimp with tomato salsa. Ticon shrimp is not only tasty but also is a great addition to a balanced, healthy diet. Paired with a cold brew tea can bring us a crispy, refreshing taste on a palette. Tomato salsa will also add a little bit of spiciness.
- If you prefer something sweeter, an ideal pairing for you could be a “carrot soil”. Carrot soil is made from caramelized carrot with the use of brown sugar. To make it more complex we add a pinch of cardamom, chopped green pistachios and a scoop of lemon sorbet. Dilmah's tea after a long period of cold brewing can bring us a delicate, lemon like notes which subtle sweet aftertaste. It pairs well with aromatic cardamom, Bergamot oils and acidic notes of sorbet.
- My idea of this paring was to show that you can drink and eat healthy, still having a lot of fun. Healthy diet can be tasty, and tasty food can be very healthy.