

Brodetto di pesce con asparagi

Ingredients:

- * 250 ml Water
- * 1 Red Shrimp
- * 1 Lobster
- * 50 g Fillet of mullet
- * 30 g Squid
- * 2 Mussels
- * 2 Clams
- * 4 Green Asparagus
- * 1 Clove of garlic
- * Salt and pepper
- * Parsley

Steps:

1. Clean the shrimp and prawn, making sure to leave the head attached.
2. Rinse the mussels and clams well, and slice the squid and mullet fillet into thin strips.
3. Cut the fresh asparagus into thin slices, and add all the cold ingredients to a ziplock bag for a vacuum.
4. Remove the oxygen from the bag, and cook the ingredients in a steamer for 840 minutes.
5. Once the cooking is complete, simply open the bag and stir the mixture, removing the garlic clove.
6. Serve the broth directly in the dish, and discard the garlic clove.