

## Baccalà e verdurine sous-vide

### Ingredients:

- \* 4 Carrots
- \* 4 Zucchini
- \* 1 Red bell pepper
- \* 600 g Salted cod
- \* Extra-virgin olive oil
- \* Garlic
- \* Milk
- \* Pepper
- \* Salt

### Steps:

1. Preheat the oven to 130°C.
2. Scrub the carrots, zucchini, and bell pepper, removing the flowers and seeds. Clean the bell pepper and
3. Blanch the vegetables in a steamer or blancher for 2 minutes.
4. Place the vegetables in a sous vide bag and cook in a preheated oven for 8 minutes.
5. In a saucepan, simmer the milk with 2 cloves of garlic to infuse the milk with garlic flavor.
6. Once the milk is infused with garlic flavor, strain the milk and combine with the lecithin in a mixer.
7. Remove the vegetables and cod from the oven and plate.
8. Garnish with chopped parsley and serve.