

Calamari confit

Ingredients:

- * 1 kg Calamari
- * 500 g EVO Oil
- * 500 g Vegetable Oil
- * 30 g Red Peppers
- * 30 g Yellow Peppers
- * 20 g Onion
- * 10 g Garlic
- * 5 g Black Peppercorns
- * 5 g Rosemary
- * 2 g Fresh Sage
- * 2 g Fresh Thyme

Steps:

1. In a sous vide bag, mix the 2 oils with sliced bell peppers, garlic, onion, rosemary, sage, and pepper. Cl
2. Once the oil is ready, open the bag and carefully filter the oil into a container.
3. Wash the calamari and place them on the container making sure they are completely covered with the o
4. Cook in the oven with the following program:

- * Fan: 4
- * Temp: 87 °C
- * Time: 2100
- * Clima: 50 °C
- * Pulse: 0
- * Preset: Manual