

Grilled fish

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients:

- * 900 g Codfish
- * 1 l Milk
- * 1 l Vegetable stock
- * 1 l EVO oil
- * 3 Garlic
- * 1 kg Polenta flour
- * 50 g Parsley
- * Pepper
- * Salt

Steps:

1. Divide the cod, milk and stock into two Black.40 and steam with the following program. Prepare the polenta.
2. Peel the garlic and steam it for 10 minutes. Now clean the parsley, wash it and chop it. Drain the cod from the steam.
3. Blitz 2/3 of the cod together with the garlic and oil until you end up with a smooth mixture. Adjust with salt and pepper.
4. Cut polenta into thick slices and grill it on both sides.
5. To serve place on the plates the grilled polenta, garlicky mousse and some cod flakes.