

Poached Baccalao in Garlic and Parsley Soup, Almond Foam



Serves 4

INGREDIENTS

Baccalao

300g	baccalao (loin), soaked, cut into bite-size pieces
500ml	full cream milk
3	garlic cloves
	Salt and pepper, to taste

Parsley Soup

150g	parsley leaves
1 kg	parsley root, washed and peeled
5	garlic cloves
200ml	fresh cream
70g	unsalted butter

Almond Foam

200ml	skim milk
40g	ground almonds
	Salt and cracked pepper, to taste

Method:

1. For the Baccalao: Bring the milk to boil together with the garlic cloves in a pot. Season the baccalao pieces with salt and pepper, then poach them in the milk over low heat until tender.
2. For the Parsley Soup: Blanch the parsley leaves in boiling, salted water until tender (but make sure it does not lose its colour). Shock in ice water and then drain well and set aside. Boil the parsley root and garlic cloves together in water until tender, drain well and set aside. Reserve the water. Blend the boiled parsley root and garlic in a food processor, together with the cream and unsalted butter. Finally, mix in the blanched parsley leaves and some of the reserved water until the soup attains the desired consistency.
3. For the Almond Foam: Bring the skim milk to a boil together with the pounded almonds, and season with salt and pepper. Foam it with a barmixer and top the parsley soup with the almond foam just before serving.