

Pulpo salad

Cuisine: Italian

Food category: Fish



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Company: Retigo DE



Program steps

| | | | | | | | |
|---|-------------|------|---------------------|-------------|-------|------|--|
| 1 | Combination | 50 % | Termination by time | 05:00 hh:mm | 80 °C | 50 % | |
|---|-------------|------|---------------------|-------------|-------|------|--|

Ingredients - number of portions - 10

| Name | Value | Unit |
|-------------------------------|-------|------|
| pulpo | 1500 | g |
| Lemons | 3 | pcs |
| bay leaf | 1 | pcs |
| garlic cloves, finely chopped | 4 | pcs |
| olive oil | 150 | ml |
| parsley | 1 | pcs |
| salt | 8 | g |
| whole black pepper | 2 | g |
| brown sugar | 3 | g |
| fresh peppers | 4 | pcs |
| celery sticks | 6 | pcs |

Nutrition and allergens

Allergens: 9

Minerals: Ca, CA, Cr, Fe, I, K, Mg, Na, Zn

Vitamins: A, B, C, D, E, K

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 127.9 kJ |
| Carbohydrate | 1.9 g |
| Fat | 1.1 g |
| Protein | 28.5 g |
| Water | 0 g |

Directions

Place the whole pulp in a vacuum bag with a few lemon slices, bay leaves, 2 cloves of garlic and 50ml olive oil and seal it. Do not add salt, the pulp still contains enough sea water. Then cook the pulp sous-vide in the combi steamer for 5 hours at 80 °C.

Cut the peppers and celery into approx. 0.5 cm cubes. Also cut the cold pulp into approx. 0.5 cm slices (tentacles) and approx. 0.5 cm cubes (body). Don't forget to remove the beak first.

Finely chop the remaining garlic and parsley. Mix everything carefully and add salt, pepper, a pinch of sugar, lemon juice and olive oil and season to taste.

Freshly baked ciabatta goes well with it.

Recommended accessories



Stainless wire shelving