

Octopus 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 octopus with some lemon slices, bay leaves, 2 cloves of garlic, and 50ml of olive oil into a vacuum bag and vacuum seal. Do not add salt, the octopus still contains enough seawater. Then sous-vide the octopus in a combi steamer for 5 hours at 80 °C.

Cut the bell pepper and celery into about 0.5 cm cubes. Also, cut the cold octopus into about 0.5 cm thick slices (tentacles) and approximately 0.5 cm cubes (body). Do not forget to remove the beak beforehand.

Finely chop the remaining garlic and parsley. Gently mix everything and season with salt, pepper, a pinch of sugar, the juice of the lemons, and the olive oil, and taste for seasoning.

Freshly baked ciabatta pairs well with this.

Recommended accessories



Stainless wire shelving