

Pulpo salad

Cuisine: **Italian**
Food category: **Fish**

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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

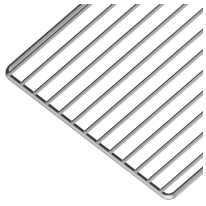
Place the whole pulp in a vacuum bag with a few lemon slices, bay leaves, 2 cloves of garlic and 50ml olive oil and seal it. Do not add salt, the pulp still contains enough sea water. Then cook the pulp sous-vide in the combi steamer for 5 hours at 80 °C.

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