

Low temperature cooking octopus feet

Cuisine: **Chinese**
Food category: **Fish**
















Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 90 °C

1	 Steaming		 Termination by time	 20:00 hh:mm	 76 °C	 80 %	
2	 Combination	 30 %	 Termination by time	 03:00 mm:ss	 230 °C	 90 %	

Ingredients - number of portions - 10		
Name	Value	Unit
octopus feet	2	kg

seasoning recipe		
Name	Value	Unit
olive oil	400	ml
dry white wine	100	ml
bay leaf	5	g
a sprig of thyme	3	g
garlic	10	g
freshly ground black pepper, ground	3	g
sea-salt	3	g
sage	3	g
chili powder	2	g
garlic cream	20	g

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	152.7 kJ
Carbohydrate	3.2 g
Fat	2.4 g
Protein	30.3 g
Water	0 g

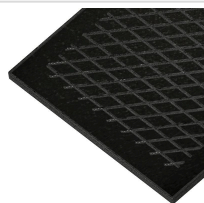
Directions

- The first stage
- ◇ Wash and wipe the octopus feet, dry the water, seal the seasoning vacuum bag, vacuum massage to make it delicious
 - ◇ Use stainless steel iron net to lay flat, do not stack the vacuum packaging bags, and let the fertilizer sit at 76°C for 24 hours
- second stage
- ◇ Unpack the vacuum package and take out the octopus feet, wipe off the excess water, and put it on the frying pan for later use
 - ◇ Spread garlic cream, dried chili flakes, basil and other barbecue seasonings on top of the octopus feet
 - ◇ Because the octopus feet have been softened and cooked for a long time, it only needs to be roasted at high temperature for 3 minutes, and it will be crispy on the outside and tender on the inside

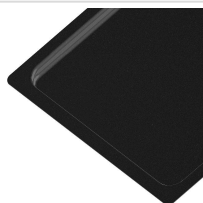
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill