


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

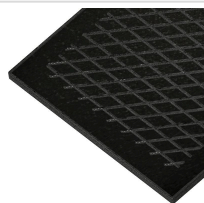
◇ Spread garlic cream, dried chili flakes, basil and other barbecue seasonings on top of the octopus feet

◇ 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

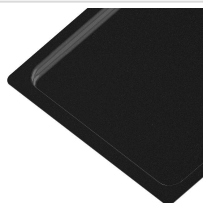
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill