

# 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<br>Minerals: Ca, CA, Cr, Fe, I, K, Mg, Na, Zn<br>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