

# Pulpo 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
lemon	3	pcs
bay leaf	1	pcs
cloves garlic, finely chopped	4	pcs
olive oil	150	ml
sprig of parsley	1	pcs
salt	8	g
whole black pepper	2	g
granulated sugar	3	g
fresh peppers	4	pcs
celery sticks	6	pcs

## Nutrition and allergens

Allergens: 9

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	128 kJ
Carbohydrate	1.9 g
Fat	1.1 g
Protein	28.5 g
Water	0 g

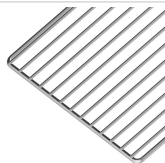
## Directions

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