

Grilled Spanish Octopus

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SEAFOODFRIDAY

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Grilled Spanish Octopus



Ingredients:

1 pc	fresh octopus
	Oregano, basil and parsley
1 pc	white medium onion
1/2 tsp	salt
1 tsp	freshly ground black pepper
3 cloves	garlic (finely chopped)
1 tps	sweet paprika
150 ml	olive oil
1 pc	medium lemon

Workflow:

1. Wash the octopus thoroughly under running water and cut the head of with a sharp knife.
2. Put the octopus in a sous vide bag and place it in the sous vide department. Set to 80°C and cook for 60 minutes.
3. Take the octopus out of the sous vide bag and place onto a cutting board and cut the octopus in pieces of 5 cm.
4. Line a Dutch oven or similar pot with the herbs, garlic, onion.
5. Cover the octopus with olive oil and paprika powder.
6. Place the seasoned octopus into the nest of herbs.
7. Grill with 4D HotAir for 10 minutes at 200°C.
8. Take the octopus out and season with lemon juice. Enjoy with bread and butter.

Setting procedure:

Sous Vide 80°C
Cooking time: 60 mins

4D HotAir 200°C
Cooking time: 10 mins
(Preheated steam oven)

4D HotAir

Sous Vide

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