Octopus salad

Recipe by V-ZUG Ltd.



octopus with celery and apple

Preparation	30 Mins
Cooking time	1 Hrs
Portions	4
Appliance	CombairSteamer V2000 from 2021

Octopus

1 kg whole octopus, ready for cooking

Some salt

Vinaigrette

200 ml olive oil

100 ml white balsamic vinegar

50 ml apple juice

1 tsp sugar

1½ tsp salt

Some pepper

Salad

2 stalks of celery

2 sour apples (e.g. Granny Smith)

Serving

1 bunch of basil, coarsely chopped

1 bunch of flat-leaved parsley, coarsely chopped

1 unwaxed lemon, some grated zest and juice

Octopus

Rinse the octopus under cold water and drain well. Place on a perforated stainless steel tray and salt it.

Cook at 100 °C for 1 hour using the steam mode. Allow to cool.

Vinaigrette

Stir all the ingredients together well in a bowl. Season with salt and pepper.

Salad

Cut the celery and apples into 5 mm cubes and toss in the vinaigrette.

Serving

Cut the tentacles into slices about 5 mm thick and add, along with the herbs, to the salad in the bowl and mix together well. Add some lemon zest and juice to taste. Serve cold.

Cooking steps

Steaming 100 °C for 1 Hrs

Accessories

Perforated stainless steel tray

Additional information

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