

PICKLED OCTOPUS

EQUIPMENT

PICKLING JAR, SMALL POT, PERFORATED STEAM TRAY,
SMALL MIXING BOWLS, SCALES, ALFOIL

INGREDIENTS

1KG TENDERISED OCTOPUS TENTACLES, 100GM GOOD QUALITY SALT, 200GM WHITE WINE VINEGAR,
300GM WATER, 3 CLOVES OF GARLIC, 6-8 SPRIGS OF THYME, 3-4 BAY LEAVES,
2CM DRIED CHILLI FLAKES, 15 BLACK PEPPERCORNS

METHOD

SEPARATE THE TENTACLES AND PLACE IN A MEDIUM SIZED MIXING BOWL AND ADD THE SALT. LEAVE THE TENTACLES TO STAND FOR 20 MINS

WHILE CURING IN A MEDIUM SIZE POT POUR IN THE WATER, VINEGAR AND ALL THE SPICES, PLACE OVER MEDIUM/HIGH HEAT AND BRING TO THE
BOIL, REDUCE FOR 5-6 MINS AND SET ASIDE

ONCE THE OCTOPUS HAS CURED WASH WELL UNDER COLD RUNNING WATER AND PLACE ON A PERFORATED STEAM TRAY COVER WITH FOIL AND
PLACE INTO A PRE-HEATED OVEN STEAM SETTING 85 DEGREES FOR 90 MINS

ONCE STEAMED REMOVE FROM THE OVEN AND CUT THE OCTOPUS INTO BITE SIZED PIECES, PLACE THE PIECES IN A JAR AND POUR OVER THE
PICKLING LIQUID AND ALL THE HERBS AND SPICES, DRIZZLE THE SURFACE WITH OLIVE OIL AND SEAL THE JAR

PLACE IN THE FRIDGE TO PICKLE FOR 7-12 DAYS BEFORE EATING.

HINTS & TIPS

- THIS IS A GREAT ADDITION TO YOUR NEXT ANTIPASTO PLATTER AND KEEPS WELL IN THE FRIDGE

- IT IS VERY RARE TO FIND OCTOPUS TODAY THAT IS NOT TENDERISED, IF IN DOUBT ASK YOUR FISHMONGER, HE/SHE WILL KEEP YOU INFORMED