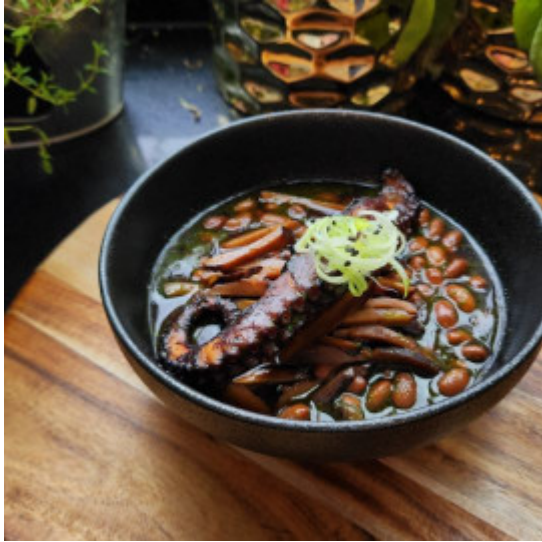


Grilled octopus, sesame mushrooms, miso broth, garlic oil and chives |

Recipe for 4 servings



Description

Thin slices of grilled octopus served on a garnish of mixed and fragrant mushrooms. Enhanced with a Japanese flavored broth.

Note

You can freeze the octopus in order to break the muscle fiber of the tentacles, this process will tenderize the octopus without having to beat it.

Ingredients

Octopus

- 300 Gr Octopus
- 1 Handful(s) Coarse salt
- 1 Liter(s) Cooking broth
- 1 Bag(s) Green tea
- 100 Gr Soy beans
- 100 Ml Sake
- 100 Ml Soy sauce
- 50 Ml Mirin
- 30 Gr Sugar
- 30 Gr Dried shiitake

Mushrooms

- 150 Gr Button mushrooms
- 1 Tsp Roasted sesame oil

Broth

- 1 Liter(s) Water
- 40 Gr Bonito flakes

Chives oil

- 75 Ml Canola oil
- 4 Clove(s) Garlic
- 10 Sprig(s) Chives
- 10 Gr Baby spinach

Topping

- 1 Unit(s) Green onion
- 1 Tsp Sesame seeds

Preparation

- Preparation time **120 mins**
- Preheat your **oven** at **400 F°**
- Resting time **1440 mins**

Preparation

Soak the soybeans the day before in cold water in a cool place.

Crush the garlic cloves and put them in the oven with the oil for about 20 minutes, then strain. Let cool before blending the garlic oil with the chives.

Make the cooking broth by heating the water to 80C, add the bonito and turn off the heat as soon as it boils. Strain and keep the broth.

Cut the mushrooms into julienne strips and cook them in a hot pan with the sesame oil.

Chop the green onion.

Octopus

In a large bowl, cover the octopus tentacles with coarse salt and rub them vigorously. Rinse the tentacles and soften them with a rolling pin.

Mix the sugar, sake, soy sauce, mirin and tea bag into the broth. Bring to a boil and add the octopus and the drained soybeans.

Remove the tea bag after 5 minutes and let the rest simmer for 1h30.

After cooking, remove the octopus tentacles and let cool.

Before serving, grill the octopus tentacles with a blowtorch.

On the plate

In your presentation bowls, place the broth and soybeans in the bottom, then add the octopus. Finish with the green onion and chive oil.

Bon appétit!