

Slow cooked octopus, chorizo slices, fingerling potatoes with fleur de sel, green salsa, granny smith

Recipe for 4

Description

Different flavours and cooking techniques come together to bring you a dish easy to make that will give your guests something to remember.

Depending on the quantities, this dish can be served as a starter or a main.

Note

Cooking technique in a pan

2/ If the octopus is whole, slice off the head and the beak, do not tear apart the tentacles. Once the salted water is boiling, hold the octopus by the body.

Put it under water (without dropping it) for 5 to 10 seconds and take it out. Do that again 3 or 4 times, this will tenderize the flesh and it will get used to the heat. Then drop it completely and add the garnish.

You can also grill the octopus once you poached it.

If you wanna serve it as a starter, just make smaller portions.

Ingredients

Salsa verde

- 50 Gr Basil
- 15 Gr Tarragon
- 40 Gr Coriander
- 45 Gr Flat parsley
- 145 Ml Olive oil
- 0.25 Tsp Cumin powder
- 0.25 Tsp Ground coriander
- 1 Unit(s) Lemon juice
- 1 Tbsp Capers

- Salt and pepper
- Olive oil

Fingerling potatoes

- 20 Unit(s) Fingerling potatoes
- 2 Sprig(s) Rosemary
- 6 Sprig(s) Thyme

Octopus

- 1.15 Kg Octopus
- 1 Dash Olive oil
- 0.50 Unit(s) Lemon
- 1 Sprig(s) Thyme
- 0.50 Sprig(s) Rosemary
- 1 Gr Coriander seeds
- 1 Gr Cumin seeds
- 0.25 Tsp Chili flakes
- 0.50 Tsp Black peppercorns
- 2 Leaf(ves) Bay leaf
- 2 Pinch(es) Sea salt flakes

- Salt and pepper
- Olive oil

Last touch

- 4 Pinch(es) Micro mesclun
- 1 Unit(s) Granny smith apple

- 3 Clove(s) Crushed garlic
- 4 Pinch(es) Coarse salt
- 100 Gr Spanish chorizo
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your at **0 F°**

Salsa verde

Place all the ingredients in a blender, mix to a paste then sieve.

Octopus

In a vacuum seal bag, put the octopus then add the olive oil, the lemon, the peppercorns, the salt, the thyme, the rosemary, the bay leaves and the spices.

1/Place the octopus in a 77°C (170.6°F) water bath for 5 hours.

2/You can also boil it (make sure the water is salted) for 50 minutes with an onion, a celery stalk, a red pepper, some parsley and some peppercorns.

Use a knife to make sure it's cooked through.

Place the tentacles under cold water (this is optional if you wanna keep them warm) to remove the skin.

Potatoes

Fingerling potatoes

In a pan, put all the ingredients, cover with cold water.

Bring to a boil and make sure the potatoes are cooked through using a knife.

Peel the potatoes while they're hot, it will be easier. Then slice them (thickness of 5 mm)

Chorizo

Slice the chorizo, fry them quickly in a hot pan and remove onto some kitchen paper.

Plating and last touch

Make a mini brunoise (small dice) with apples just before serving.

Spread the salsa verde on the plate.

Then place on it some potato slices, add the octopus and the chorizo slices.

Put here and there some apple dice.

Finish with a drizzle of olive oil, some fleur de sel and fresh ground pepper.

Finally, sprinkle some sprouts.

Bon appétit!