



# Octopus salad

Recipe by V-ZUG Ltd.



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

octopus with celery and apple

## Octopus

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1 kg whole octopus, ready for cooking

Some salt

## Vinaigrette

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200 ml olive oil

100 ml white balsamic vinegar

50 ml apple juice

1 tsp sugar

1½ tsp salt

Some pepper

## Salad

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2 stalks of celery

2 sour apples (e.g. Granny Smith)

## Serving

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1 bunch of basil, coarsely chopped

1 bunch of flat-leaved parsley, coarsely chopped

1 unwaxed lemon, some grated zest and juice





## Octopus

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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

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

## Salad

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

## Serving

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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

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**Steaming 100 °C for 1 Hrs**

## Accessories

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Perforated stainless steel tray

## Additional information

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Created on 12.04.2023

