Octopus with Polenta

eikon e2s

00:40

This recipe is available for:
- eikon® e2s SP (1000W)

Accessories:
e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

PROFILE

275 °C
Chilled 4°C
1 Portion
Precooked

Stage 1	Stage 2
Place the Octopus	Add the Polenta
00:15	00:25
80 %	90 %
20 %	20 %

RECIPE

Ingredients

1	pcs	Young Octopus precooked
10	g	Salt
5	g	Black Pepper
10	g	Cayenne Pepper
15	ml	Vegetable Oil
100	g	Polenta cooked
10	ml	Olive Oil
2	tbs	Onion Chutney
4	pcs	Basil

1. Food Preparation

Place the previously cooked young octopus in a bowl and add the vegetable oil, black pepper, ground cayenne pepper and salt. Cover the bowl and let the octopus marinate for minimum 10 min. Trim the chilled Polenta into an elongated rectangle and dip it in the Olive Oil. Place the Octopus on the tray.

2. Cooking Instruction

Cook as per oven profile. After Step 1 add the Polenta.

3. Food Serving Instruction

Remove the cooked food from the tray and serve it garnished with the onion chutney and the basil.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.