

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)

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- 275 °C
- Chilled 4°C
- 1 Portion
- Precooked

Stage 1

Place the Octopus

- 00:15
- 80 %
- 20 %

Stage 2

Add the Polenta

- 00:25
- 90 %
- 20 %

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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.