

AT HOME WITH
SOUS VIDE

DALE PRENTICE

Antipasti of Octopus and Artichokes



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Dale Prentice

In autumn, when artichokes are in season, my wife and I can often be found on our north-facing veranda enjoying these tasty little morsels as we soak up the golden afternoon sun. They make a great start to a meal or accompaniment to drinks, and are delicious garnished with celery leaves and served with crusty bread. Use only oil when cooking octopus sous vide, as citrus juice or vinegar can result in a mushy texture, and refrain from dressing until after it is cooked.

Time: 5 hours, includes 4 hours cooking time. Serves 4 as a starter

Octopus

400 grams tumbled
octopus legs
3 garlic cloves
50ml olive oil
1 strip of lemon zest,
cut with a peeler
1 sprig rosemary
2 sprigs thyme
1 bay leaf
½ teaspoon black peppercorns
1 chilli, cut in half lengthwise
(optional)

Preheat a water bath to 77.5°C/171.5°F.

Bring a pot of water to the boil. Rinse the octopus under cold, running water, and cook in the boiling water for 30 seconds, then immediately plunge into ice water until cold. Smash the garlic with the back of a knife and place in a vacuum pouch with the octopus and all the remaining ingredients. Seal the pouch on high, removing as much air as possible. Cook in the preheated water bath for 4 hours. Cool using the three-stage cooling method.

Artichokes

4 artichokes
juice of 1 lemon,
plus 1 strip of zest,
cut with a peeler
½ teaspoon black peppercorns
40ml olive oil
pinch of salt

Preheat a water bath to 90°C/194°F.

Trim the artichokes of any hard leaves, then scoop out the hairy choke from the centre and discard. Rinse the prepared artichoke under cold, running water, then cut into halves or quarters, according to your preference. If the artichoke has a long pliable stem, cut it off and peel using a vegetable peeler to cook with the artichoke. Place the artichokes into a vacuum pouch with the remaining ingredients, and seal the pouch on high, removing as much air as possible. Cook for 1 hour in the preheated water bath, then cool immediately in ice water.

To serve

Char the octopus and artichokes on a barbecue until warmed through. Cut the octopus into bite-sized pieces and arrange on serving plates with the artichoke (I use the liquid from the artichokes vacuum pouch as a dressing for both).

Garnish with celery leaves and serve with crusty bread, if desired.



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