



Symphony of the Sea Recipe



SERVINGS: 2

PREPPING TIME: 25- 30 MIN

COOKING TIME: 1HR 20MIN

Ingredients

- | | |
|---------------------------------------|--------------------|
| 1 pc octopus (4lbs) | 1 cup of olive oil |
| 1 carrot | 4-6 basil leaves |
| 1 celery stem | 2 oranges |
| 1 lemon | 1 lime |
| 2 garlic cloves (minced) | Salt |
| 1 medium - big onion | Black pepper |
| 2 asparagus stems | Water |
| A pinch of microgreens or bean sprout | 2 cups of red wine |
| 2 radishes | |



Directions

For this delicious recipe, start with cutting the onion, carrot, and celery in 1-inch slices. You'll also want to cut the lemon in half.

Fill a stockpot with water to within a couple inches of the rim and add the cleaned octopus, onion, carrots, and celery slices. Add the red wine, the juice of half a lemon as well as the lemon skin. Turn the stove on and bring the water to boil over medium-high heat and leave it to cook for 50 minutes, making sure to check the pot once every 10-15 minutes to check the water level. Once the 50 minutes have passed, turn the stove off and let the pot cool off for 20-25 minutes. Once cooled off, remove the octopus from the pot.

Proceed with cleaning the octopus by removing its head and peeling the skin. Place the octopus' legs on a clean plate and let it rest in the fridge.

OCTOPUS SAUCE:

For the special sauce you need to finely slice the basil in thin and small pieces. Transfer it to a bowl and mix with 3-4 tbsp of olive oil, salt, minced garlic, and black pepper. Add the sauce to the peeled octopus' legs and place it again the fridge.

PLATING:

Choosing your favorite plating dish.

Finely slice the radish and asparagus. Then place them in a cold-water bath.

Place the octopus in the center of the plate, and add the slices of radish, asparagus, and micro greens. Add a drizzle of the sauce on top of the octopus and enjoy!

note: to make the plating more unique add thin slices of strawberry throughout your dish.