



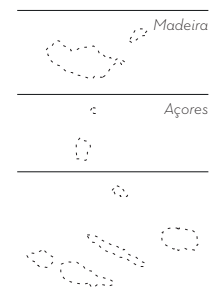
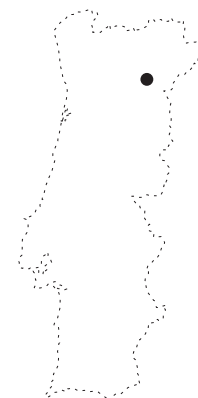
OCTOPUS TRILOGY

INGREDIENTS

Octopus
Soy sauce
Sesame oil
Orange juice
Lime juice
Coriander
Orange Gel
Celery purée
Pomegranate
Dill olive oil

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Recipe inspired on the teachings of
ANA MARIA

OLIVE OIL QUINTA DOS MURÇAS
WINE MURÇAS MINAS 2015



PREPARATION

The same octopus is cooked and presented in three different ways.

Carpaccio - boil the octopus, remove the head and only cut the large tentacles. Wrap them together in cling film, twisting both ends of the film in the opposite direction (like a boiled sweet). Make a few holes so the air can escape. After freezing, cut the octopus finely with a meat slicing machine. And the carpaccio is done.

The octopus tentacle is only seasoned with olive oil and seared with a kitchen blowtorch.

The remaining octopus is marinated in sesame oil, soy sauce, orange juice and lime juice. Add the orange gel, celery purée, pomegranate and dill olive oil.

