

Seafood cooking pot

The cooking pot technique consists of cooking in a jar various dishes that would normally take longer to cook in a traditional way.

With this method, all the aromas and flavours are kept in the food; for this reason, the Seafood cooking pot is a quick and refined starter to prepare.



1h30'



4 people

Ingredients

250 gr Tuna
250 gr Curled Octopus
250 gr Cuttlefish
a.r. E.V.O. Oil
a.r. Bay leaf
a.r. White pepper in grains
3 pcs of jar

Procedure

Start by putting the tuna, the octopus and the cuttlefish in a pan with water, vinegar and salt. Once taken to boiling, drain and put them into jars together with some bay leaf and white pepper in grains. Finally cover with oil and close them, without tightening. Put in the oven using the settings below.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	90°	1h10'	/	100%	V5	ON

Chef's tips

The blanching in addition to giving more taste, is also an extra security against Anisakis.
The white pepper has a more delicate taste than the black one, therefore is more suitable for dishes