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Ingredients

1kg octopus
500ml red wine
200ml water
1 star anise
2 bay leaves
1 tbsp cumin seeds
200g beluga lentils
6 tbs. white wine vinegar
6 tbsp. olive oil
sea salt
freshly ground black pepper
1 tablespoon sesame oil
2 Pak Choi

Preparation

Put the octopus, red wine, water, star anise, bay leaves and cumin in a vacuum bag and seal closed.
Cook at 78 °C sous vide for 6 hours.

Cook the beluga lentils in unsalted water until soft. Drain and then return to the pot. Mix with vinegar and olive oil and season with salt and pepper.

Heat the sesame oil in a pan. Depending on the size of the Pak Choi, either halve or quarter and briefly sauté from all sides - the Pak Choi should still be firm.

Arrange the octopus on the warm lentil salad and Pak Choi, sprinkle with sea salt and drizzle with olive oil.

This recipe was kindly provided by Annette Sandner.