



STEAMED OCTOPUS



Tested on model:
CDT-110E



Weight before cooking:
10.100 g
Weight after cooking:
5.540 g



Servings:
10 pcs



Recommended tray or
grill:
2 punched stainless
steel t. GN 1/1 20 mm



Total time:
95'

PHASE									
1		99%	100°	95'	---	---	L	NO	C
2									
3									
4									
5									
6									

INGREDIENTS

Defrosted octopuses
(1.000/1.200 g each): 10.100 g

PREPARATION

Preheat the oven.

Place the octopuses on the trays and cook following the parameters.
After the cooking, clean the octopuses under fresh running water removing skin, eyes and mouth and rinse properly.

Use to garnish appetizers or as ingredient in fish sauces.