



Taste & Technology

Octopus Tubes SV

Recipe number:

04.10.051

Starting material:

1000 g Octopus, raw

Seasonings & additives:

70 g Lafiness Mexicana SG

527050

Processing procedure:

Marinate the octopus tubes in the marinade.
Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +64°C for 30 minutes.

Remove the cooked octopus tubes from the bag and BBQ on both sides if desired.

EU Food Information Regulation:

Octopus, rapeseed oil, table salt, spices (contains CELERY LEAVES), seasoning, palm fat, yeast extract

Analysis:

Calorific value KJ	519 KJ
Calorific value Kcal	124 Kcal
Fat	6.1 g
Saturated fatty acids	0.8 g
Carbohydrates	2.1 g
Sugar	0.2 g
Protein	15.2 g
Sodium	0.7 g
Salt	1.7 g