

# ELITE BISTROS

AT HOME



*stickywalnut*

BURNT  
TRUFFLE

HISPI

WRECKFISH  
BISTRO

PINION

KALA

Braised octopus with chick pea and morcella stew

# Braised octopus

with chick pea and morcilla stew

ELITE  
BISTROS  
AT HOME

OCTOPUS  
Mollusc, Sulphites

**Octopus**, red **wine** vinegar, leek, onion,  
peppercorn, thyme

MORCILLA

Rice, onion, blood, coriander, paprika,  
cumin, white pepper

CHICK PEA STEW  
Mollusc, Sulphites

Chick peas, carrot, onion, garlic, parsley,  
**octopus stock**, red **wine**, tomato paste,  
coriander, smoked paprika

PARSLEY

Parsley

Please read the full method before starting to cook, every attempt has been made to make this process as simple as possible but a little foresight in the recipe will help you achieve the best results. Ensure your oven and grill is pre-heated to the correct temperature before you begin.

1. Set your oven to 200c and place a small pan of water onto the stove to simmer gently.
2. Snip the bag and slide the octopus onto a lightly oiled oven proof tray. Remove the morcilla from its bag and place onto another tray, put into your hot oven for 5 minutes.
3. Whilst the octopus and morcilla are roasting, drop the bag of chick pea stew into the pan of simmering water to warm through.
4. Now finely chop the parsley.
5. After 4 minutes, carefully take the chickpea stew from the water, snip the bag and empty its contents into a pan. Mix the parsley into it.
6. Now to plate. Spoon the stew into the centre of a warm bowl. Take the octopus for the oven and using a fishslice carefully place it on top of the stew. Using a tablespoon, break the morcilla into 3-4 chunks and place around the octopus.
7. Drizzle with a little olive oil if you have it and serve.



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