

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

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 is pre- heated to the correct temperature before you begin.

1. Set your oven to 200°C.
2. Snip the bag containing the octopus and slide it out onto a lightly oiled oven proof tray. Remove the morcilla from its bag and place onto another tray, put them both into your hot oven for 5 minutes.
3. Whilst the octopus and morcilla are roasting, empty the bag of chick pea stew into a small saucepan and add a splash (1Tbsp) of water. Set over a medium heat and warm through until piping hot. Note: if the stew begins to dry out its no problem, reduce the heat and add a little more water if needed.
4. Now finely chop the parsley, this is to be added to the chickpea stew just before you're ready to serve.
5. Now to plate. Spoon the stew into the centre of a warm bowl. Take the octopus from 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.
6. Drizzle with a little olive oil if you have it and serve

