

## Miso roasted Arolhos Octopus with burnt cucumber, sesame and wakame salad

Preparation: 30 mins | Cooking: 30 mins | Serves 4  
Recipe by Scott Bridger

### METHOD

To make the stock, put all the ingredients in the water and bring to the boil.

Gently place the Arolhos Octopus in the water and cook for 35-45 minutes on low or just boiling.

Test the octopus by cutting a piece off at the thickest point, it should be tender but not mushy.

Remove octopus when cooked and bring to room temperature.

To make the miso glaze, place the sake and mirin in a pot and bring to the boil.

Light the sake with a lighter and burn off until the flames disappear.

Add all other ingredients and bring to the boil.

Chill until needed (will last one month in a fridge).

To make the salad, slice the cucumber in half lengthways and remove the seeds from one half.

Slice thinly and place in a bowl with the salt for 15 minutes, then pat dry.

Heat a barbecue until hot and place the other half of the cucumber on the grill, charring on both sides for 2-3 minutes until dark.

Cut the burnt cucumber in larger pieces and add to the salted cucumber.

Submerge the wakame seaweed to soften, then slice into small strips.

Whisk the vinegar, sugar, sesame seeds and soy sauce until the sugar has dissolved, then pour over the cucumber and seaweed and set aside.

To finish the octopus, rub the cooked tentacles with the miso and grill over high heat for 1-2 minutes on each side until the glaze has caramelised.

Re-apply the glaze halfway through cooking.

Slice the octopus and serve on top of the cucumber salad.



### INGREDIENTS

1kg defrosted large Arolhos Octopus tentacles

#### MISO GLAZE

50g white miso

25ml sake

25ml mirin

25g sugar

#### STOCK

1L water

½ cup Japanese vinegar

1 tsp toasted black peppercorns

1 tbsp soy sauce

1 piece ginger

#### BURNT CUCUMBER, SESAME & WAKAME SALAD

1 long continental cucumber

10g wakame seaweed soaked in water

1 tsp salt

1 tsp toasted sesame seeds

3 tbsp rice wine vinegar

1 tbsp sugar

½ tsp soy sauce

*Note: all fresh ingredients, oil, salt and herbs in this recipe can be sourced locally*



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