



Fried octopus with sweet potato purée



Categoria
Peixe



Tempo de preparação
Demorado



Dificuldade
Fácil



Custo
Select



Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes



100ml Reduction of Gallo
Porto Wine Vinegar



200ml Gallo Olive Oil Extra
Virgin

- 800g Cooked octopus
- 600g Sweet potatoes
- 150g Onion
- 150g Red onion
- 100g Spinach leaves
- 150g Maize semolina
- Salt and pepper, to taste
- 10g Sugar

Modo de preparação

1

Bake the sweet potatoes in the oven without peeling them for 35 minutes at 180°C (356°F).

2

Slice the onions and braise them in a frying pan with Gallo Olive Oil Extra Virgin. Season with salt, sprinkle sugar, and add vinegar on top. Cover and leave it to simmer for ten minutes.

3

After the potatoes have been baked, peel them and crush them with a fork.

4

Place them in a preserving pan with Gallo Olive Oil Extra Virgin and add the spinach.

5

Stir until all the spinach is cooked.

6

Cut the octopus into large slices, mix them with the maize semolina, and let them fry until they are golden brown.

7

Best served with caramelised onion on the bottom, then the sweet potato purée, and the octopus on top adding a little Gallo Porto Wine Vinegar Reduction for that special touch.

Produtos utilizados



Gallo Porto Wine Vinegar
Selected Origin Vinegar



Extra Virgin
Extra Virgin Olive Oil



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