




Crispy octopus bites with pumpkin hummus






A recipe by Teo Chiaravallotti.

Preparation

	Time required	approx. 120 minutes
	Difficulty	Average - For amateurs
	Portion size	4 people

Features

	Dish	Fish - Octopus
	Typical product	Pumpkin - 0 km
	Suitable in	Autumn - Romantic dinner

INGREDIENTS

Octopus

- 800 g octopus
- 0.3 dl extra virgin olive oil
- 1 laurel leaf
- 30 g parsley stems
- ½ onion
- 1 clove of garlic
- 10 g parsley
- 1 plug of Espelette (smoked chili peppers)
- Mixed salad to taste (to garnish)
- Pumpkin seeds to taste (to garnish)

Pumpkin
hummus

- 100 g cooked chickpeas
- 12 g tahina
- 12 g evo oil
- 12 g sesame oil
- 60 g chickpea water
- 100 g well dried pumpkin puree
- Lemon juice to taste

PREPARATION

Octopus

1. Clean the octopus under running water, in a saucepan with lid, pour the extra virgin olive oil and place inside the octopus with laurel, parsley stems, onion, clove of garlic;
2. Cover and put on medium heat;
3. Cook for about 90 minutes checking that it does not stick, stirring gently but without adding any liquid.

Tip: The octopus is cooked when the tips are tender to the touch. Leave to temper in the closed pot and then clean the tentacles removing the suction cups. Cut into bites and set aside.

Pumpkin hummus

1. Blend the cooked chickpeas with water and pumpkin puree in an immersion mixer;
2. Whip the puree with the oils and tahine and lemon juice;
3. Adjust to taste and transfer into a pastry bag.

Plating up

1. Quickly sauté the octopus bites, sprinkle with parsley and espelette;
2. Make 7 spikes with the pumpkin hummus, place the octopus bites on top;
3. Garnish with salad leaves and pumpkin seeds.