



Arepas with Octopus and Lobster Salad

READY IN



180 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 servings pepper black freshly ground
- 3 tablespoons peppercorns black
- 8 servings canola oil for cooking
- 4 carrots roughly chopped
- 1 head celery roughly chopped
- 0.5 cup cilantro leaves coarsely chopped
- 0.5 cup cotija cheese grated
- 1.5 cups arepa flour white (precooked cornmeal)

- 0.5 to 1 habanero diced whole seeded finely
- 1 tablespoon honey
- 1 teaspoons honey
- 1.5 teaspoons kosher salt
- 8 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 1 pd of lobster
- 2.5 cups milk
- 2 octopus legs whole
- 4 onions spanish roughly chopped
- 2 quarts red wine vinegar
- 1 teaspoon paprika smoked
- 1 Handful thyme sprigs
- 0.3 cup butter unsalted cut into pieces
- 4 bell peppers yellow peeled

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- pot
- blender

Directions

- Watch how to make this recipe.
- To make the salad: Fill a large pot with 3 gallons water, add the red wine vinegar, onions, carrots, celery, peppercorns and thyme, and bring to a boil.

- Add the octopus, cover with parchment, and reduce the heat, if necessary to keep the liquid at a simmer. Simmer until quite tender but the tentacles are still attached, about 1 hour. Bring another large pot of water to a boil, salt it generously, and add the lobster. Cook 4 minutes and transfer to a bowl of ice water to stop the cooking. Puree the peppers in a blender with the lemon juice, paprika, 1 teaspoon honey and some salt and pepper. Taste, and add more honey if you like, and salt or pepper.
- Cut the tentacles from the octopus and discards the heads. Some of the skin will slough off on its own; don't worry about removing the rest. Chop roughly into bite-sized pieces.
- Remove the lobster claws and tail from the shell, and cut into bite-sized pieces. Toss the octopus and lobster with enough of the pepper puree to coat lightly.
- Add the cilantro and habanero and toss again just to combine.
- To make the arepas: Bring milk to a simmer in a small saucepan, then remove from heat and stir in butter.
- Combine arepa flour, salt, pepper and cotija in a large bowl.
- Add the hot milk and honey and stir until combined.
- Let mixture stand until milk is absorbed enough for a soft dough to form, 1 to 2 minutes (dough will continue to stiffen). Form the dough into 12 balls (about 2 inches in diameter) and flatten between palms into 3 1/2 to 4-inch patties (about 1/3-inch thick).
- Heat 2 tablespoons of oil in a large nonstick skillet over medium heat until the oil begins to shimmer, fry 4 arepas at a time, until lightly golden brown on both sides and just cooked through about 2 to 3 minutes per side; transfer to a baking sheet lined with paper towels. Slice the arepas in half crosswise, mound some of the salad on the bottom, and top with the other half.

Nutrition Facts

 PROTEIN **10.29%**  FAT **52.29%**  CARBS **37.42%**

Properties

Glycemic Index:72.92, Glycemic Load:18.55, Inflammation Score:-10, Nutrition Score:26.100434676461%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin:

0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg

Nutrients (% of daily need)

Calories: 461.42kcal (23.07%), Fat: 25g (38.46%), Saturated Fat: 7.52g (47%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 36.04g (13.11%), Sugar: 10.59g (11.77%), Cholesterol: 52.87mg (17.62%), Sodium: 883.13mg (38.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin C: 118.52mg (143.66%), Vitamin A: 5803.6IU (116.07%), Manganese: 1mg (49.8%), Selenium: 21.76µg (31.08%), Vitamin K: 26.55µg (25.29%), Phosphorus: 230.71mg (23.07%), Calcium: 224.2mg (22.42%), Copper: 0.44mg (21.84%), Vitamin B2: 0.37mg (21.75%), Vitamin E: 3.2mg (21.3%), Vitamin B1: 0.31mg (20.97%), Folate: 83.3µg (20.82%), Potassium: 659.05mg (18.83%), Iron: 3.27mg (18.14%), Vitamin B6: 0.35mg (17.48%), Fiber: 4.2g (16.79%), Magnesium: 56.65mg (14.16%), Vitamin B3: 2.82mg (14.11%), Vitamin B12: 0.83µg (13.82%), Zinc: 1.74mg (11.57%), Vitamin B5: 1.05mg (10.52%), Vitamin D: 0.98µg (6.55%)