



Charred Octopus with Peach, Arugula and Aged Balsamic

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons aged balsamic vinegar (at least 8 years)
- ☐ 0.5 cup baby arugula
- ☐ 0.5 small carrots peeled sliced
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 small celery stalks sliced
- ☐ 3 garlic clove cut in half
- ☐ 1 optional: lemon cut in half

- ☐ 2 pounds octopus legs separated
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion peeled quartered
- ☐ 2 parsley fresh italian
- ☐ 1 peaches pitted halved thinly sliced
- ☐ 3 ounce pancetta
- ☐ 4 servings pepper black freshly ground fine
- ☐ 8 cups water

Equipment

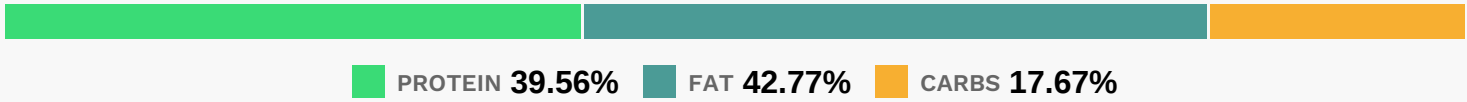
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ grill
- ☐ cutting board

Directions

- ☐ Combine the onion, celery, carrot, prosciutto, parsley, garlic and cayenne pepper in a pot with about 8 cups of water. Season the water with salt and boil for 5 minutes to allow the flavors to infuse.
- ☐ Add the octopus and reduce the heat to medium-low. Simmer gently for about 1 hour or until the octopus is tender when gently pierced with a knife. Cool the octopus in the braising liquid at room temperature until cool enough to handle.
- ☐ Remove the octopus from the braising liquid and drain well.
- ☐ Heat a cast-iron skillet or a flat griddle over high heat until it is very hot. Season the octopus with olive oil, salt and pepper. Grill the octopus until it is caramelized and crusted on all sides, about 3 to 5 minutes.
- ☐ Transfer the charred octopus to a cutting board and cut each tentacle on the bias into 4 slices.
- ☐ Place the octopus slices in the center of 4 plates and garnish with arugula and 3 to 4 slices of the peach.

- ☐ Drizzle 1 tablespoon of aged balsamic vinegar over and around the octopus, and finish each dish with a squeeze of lemon juice.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:94.9, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:31.683043492877%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 385.58kcal (19.28%), Fat: 18.08g (27.82%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 14.95g (5.44%), Sugar: 7g (7.78%), Cholesterol: 122.9mg (40.97%), Sodium: 702.18mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.28%), Vitamin B12: 45.47µg (757.76%), Selenium: 107.18µg (153.12%), Iron: 12.73mg (70.7%), Copper: 1.13mg (56.64%), Vitamin B6: 0.96mg (48.02%), Phosphorus: 478.96mg (47.9%), Vitamin C: 30.17mg (36.57%), Vitamin A: 1731.26IU (34.63%), Vitamin B3: 6.07mg (30.37%), Zinc: 4.31mg (28.7%), Potassium: 999.64mg (28.56%), Vitamin E: 4.27mg (28.49%), Magnesium: 86.68mg (21.67%), Vitamin K: 18.05µg (17.19%), Calcium: 162.42mg (16.24%), Vitamin B5: 1.42mg (14.19%), Folate: 48.25µg (12.06%), Vitamin B1: 0.16mg (10.79%), Manganese: 0.2mg (9.82%), Vitamin B2: 0.14mg (8.18%), Fiber: 1.86g (7.42%)