

Here is a recipe to cook Polpo Sous-Vide using the UOX oven.

Ingredients:

- 1 Polpo
- 90 ml Olio EVO
- 2 Rametti di timo
- 2 Rametti di rosmarino
- Sale marino

Steps:

1. Remove the viscera, eyes, and beak of the octopus and pass it under running water to remove any impurities.
2. Blot the octopus dry with paper towels until it is completely dry.
3. Place the octopus in a ziplock bag with olive oil, thyme, rosemary, and sea salt.
4. Seal the bag and place it on a Steam & Fry tray, avoiding stacking two bags on top of each other.
5. Once the cooking program is complete, open the bag and drain the liquid.
6. Gently dry all parts of the skin, being careful not to tear the suction cups.
7. Separate the tentacles and thoroughly dry each one with paper towels.
8. Season your octopus to taste and serve.