

# Tender, Silky Sous Vide Octopus

## Ingredients

- 340 g** *Octopus, about 1 octopus*
- *Ice water, for ice baths, as needed*
  - *Salt, about 1 heaping spoonful, as needed*
  - *Olive oil, the good stuff, as needed*

## Equipment

*Sous vide setup*

*Tongs*

*Sous vide bag(s)*

*Grill (optional)*

## Timing

*5–24 hr*

## Yield

*3–4 servings*

## Before We Begin

### Tell me more about this collagen-to-gelatin thing.

Like the hardworking sections of a cow, turkey, or pig, the tentacles of an octopus are full of tough collagen. To transform them into tender, silken appendages that will taste great atop your salad or stuffed into your takoyaki, you have to cook them slowly and gently. That's where Joule comes in.

### Wait. I have never tried takoyaki.

Holy smokes, we need to remedy that. Basically, it is a fried ball of dough stuffed with octopus. (*Takoyaki* means “fried octopus” in Japan, where these wee fritters are a street- and bar-food staple.) If you are lucky enough to live near a Japanese restaurant that serves them, order up.

### How do I buy this thing?

See the image below this section? That is what you want your octopus to look like.

### How much do I need?

Typically, you will want about 3–4 oz (85–115 g) of octo per person.

### Can I use a ziplock-style bag for this recipe?

When you are cooking heavy food, or cooking at temperatures above around 158 °F / 70 °C, the seams of ziplock-style bags can fail and expose food to the water. In these cases, opt for heavy-duty sous vide bags. In a pinch, you can double-bag with two ziplock-style bags, but sous vide bags are preferable.

## 1 Heat Joule

There are three cooking possibilities here.

**Select your time and temp:**

**140 °F / 60 °C for 24 hours:** Pretty tender, but still structured—great in seafood stews and soups

**171 °F / 77 °C for 5 hours:** Silky and tender—make it the star of any appetizer

**185 °F / 85 °C for 24 hours:** Really quite tender—try it chilled, in a salad

To see exactly how your octopus will come out, download the Joule app and open Olive Oil–Poached, Grill-Finished Octopus. Or, if you have Joule and a Facebook account, start cooking from Messenger with this fancy blue button:



**“Cook octopus”**

Pick your perfect doneness using Joule on Facebook Messenger



**340 g** *Octopus, about 1 octopus*  
- *Ice water, for ice bath, as needed*

## 2 Blanch octopus

Fill a large pot with water, and bring it to an aggressive boil.

Meanwhile, fill a big bowl with very cold water and some ice. When the water boils, add the octopus and blanch for 10 minutes, or until the legs curl up.

Carefully fish it out with tongs, and transfer to the ice bath. Once the octo is cool to the touch, move it to a clean plate.

## 3 Divide the tentacles

Slice between the limbs to create four separate portions.

## 4 Bag it up

Place octopus legs in the bag, and add plenty of salt and olive oil.

- *Salt, about 1 heaping spoonful, as needed 🍴*
- *Olive oil, the good stuff, as needed 🍴*

## 5 Cook

Add the bag to the pot with Joule. Depending on which temperature you chose, you have either 5 or 24 hours to do whatever it is you love to do.

- *Ice water, for ice bath, as needed*
- *Olive oil, the good stuff, as needed 🍴*

## 6 Chill before you grill

Once your octo has cooked, heat a grill. We want to get that baby realllllll hot so we can get a good char on the legs.

Meanwhile, set up another ice bath. Transfer the bagged octopus to the ice bath, and leave it there until it is cool to the touch.

Now grab that bag, open it, and slide your chilled octo onto a plate. We like to drizzle it with some more olive oil at this point.

## 7 Grill

Got that grill nice and hot? Great. Now place your appendages right over the heat. Once they have developed a nice char, flip and repeat.

## 8 Serve!

Now it's time to serve the best octopus ever. Add finishing oil and sea salt, a dusting of paprika, or whatever tickles your fancy. Enjoy!

## Mad for mollusks?

Here are a few more invertebrates to celebrate.