



Poached Octopus

Our gourmet poached octopus has been slow cooked sous-vide until perfectly tender. Whether finished on the grill or sauteed in the pan, this dish never disappoints.

Item Number: 05277

UPC: 705044052779

Item Type: Frozen

Pack Size: 10 Pouches/Case

Pouch Target Weight: 2.5 lb

Case Net Weight: 25.15 lb (CATCH WEIGHT)

Case Dimensions: 12.6 in x 10.6 in x 10.7 in

Pallet Config.: 12 x 4 = 48 cases

Ingredients: Octopus (octopus, salt)

Total Shelf Life: 548 days from the production date on the pouch – keep frozen at 0 °F or below
Thaw under refrigeration immediately before use—keep 40 °F or below

HEATING INSTRUCTIONS

From Thawed

Cast Iron Skillet: Heat skillet to medium heat & pat octopus dry. Sear for 4.5 minutes or until crispy, turning occasionally using splatter guard.

Fryer: Heat fryer to 350°F & pat octopus dry. Deep fry for 3 minutes or until crispy. Cover for safety.

Charcoal Grill: Heat grill to medium-high heat & pat octopus dry. Toss lightly in oil & remove excess. Char on grill for 5-6 minutes, turning the octopus 3-4 times.

Cold Marinated: Slice tentacles on bias about 1 inch & remove excess gelatin. Marinate for 2-4 hours with ¼ olive oil, 3 tbsp. of lemon juice, 2 tbsp. of minced parsley, 2 large minced garlic cloves & kosher salt to taste. Alternatively, reduce purge by 75% for a vinaigrette base.

Nutrition Facts	
Varied servings per container	
Serving size	3 Ounces (84g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 200mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 4mg	20%
Potassium 1672mg	35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Microbiological Parameter:

• Coliforms	< 100 cfu/gram
• Staphylococcus aureus	< 10 cfu/gram
• Aerobic plate count	< 1,000 cfu/gram
• Anaerobic plate count	< 1,000 cfu/gram
• Listeria monocytogenes	Absence in 25 grams
• Salmonella	Absence in 25 grams

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NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFROST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.



MANUFACTURED IN A PLANT THAT PROCESSES FISH, TREE NUT, CRUSTACEAN, SESAME, GLUTEN, SOYBEAN, WHEAT, MOLLUSCAN SHELLFISH, SO2, SULFITE, MUSTARD, CELERY, EGG AND MILK.