

Product Description:	Octopus
UPC Code:	*Subject to change
Country of Origin:	Spain
Wild or Farmed:	Wild-caught
Pack size:	1/30 lbs.
Case Weight (Net):	30 lbs.
Case Weight (Gross):	33 lbs.
Ti x Hi	*subject to change
Storage:	Frozen
Shelf Life:	365 Days
Sustainability Rating:	Good Alternative (MBA)

Key Notes:

Octopus has a pretty mild flavor. It's super tender when it's raw, chewy when it's cooked the same way other meats are cooked, and then becomes tender when kept on heat. See cooking tips.

<u>Size:</u>	<u>HSC Code:</u>
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2/4	002568S
4/6	002563
6/8	002569M



Cooking Tips:

Thaw your octopus and make sure to clean it.

Place the octopus in a large pot and cover with water. Bring to a boil, then reduce to a simmer. Octopus cooks 45 minutes per 2 lbs.

Remove from the pot, drain, and place in a bowl. Drizzle with olive oil and chopped garlic. Let cool and rest at room temperature for 30 minutes to an hour. Slice octopus into relatively small pieces and sear in a cast iron skillet.