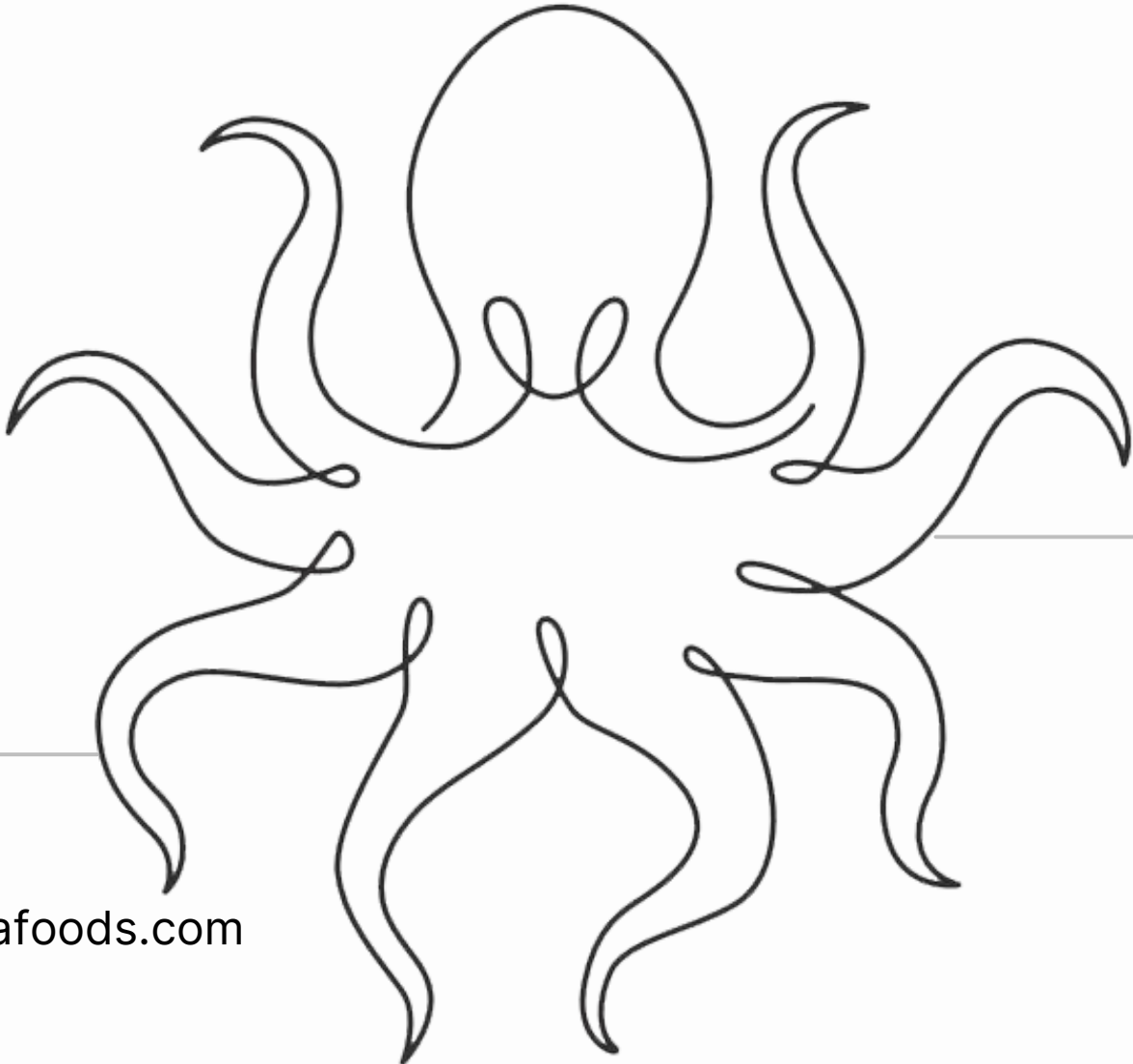


JEL

Octopus
Octopus Vulgaris



OCTOPUS



Scientific name: Octopus Vulgaris
Block Quick Freezing (BQF)
Individual Quick Freezing (IQF)
Individually Wrapped Packing (IP)
Flowered Shape Frozen

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Nutrition Facts:
Calories:82
Fat Calories:9
Total Fat:1 g
Saturated Fat:0.23 g
Cholesterol:48 mg
Sodium:230 mg
Protein:14.9 g
Omega 3:0.16 g



Unlike squid, octopus must be cooked a long time to become tender. Common preparations call for simmering the meat in tomato-based stews or slow, long cooking in a wine sauce. Before using in a recipe, the meat is boiled for 30 minutes to an hour to tenderize. To grill pre-cooked octopus, brush large-cut pieces with a mixture of olive oil, lemon juice, crushed garlic and oregano. Grill quickly over a hot charcoal fire, until slightly crisp.

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SIZES



Grade:	kg	pcs
T1	>4	1-3
T2	>3-4	4-5
T3	>2-3	6-7
T4	>1,5-2	8-9
T5	>1,2-1,5	10-11
T6	>0,8-1,2	12-16
T7	>0,5-0,8	17-25
T8	>0,3-0,5	26-40