

# SEAFOOD PASTA TAGLIATELLE IN WHITE SAUCE

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



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## INGREDIENTS

- 1 small octopus
- 12 small shrimp
- 2 medium squid
- 1 lt cooking cream
- 1 big red onion, diced
- 4 garlic cloves, sliced
- 750 g white tagliatelle
- 1 small green capsicum, diced
- 1 small red capsicum, diced
- 1 small yellow capsicum, diced
- 1 ½ tbsp. butter
- 20 ml extra virgin olive oil
- 1 bunch basil, finely chopped
- Salt and pepper
- 3 bay leaves
- 125ml red vinegar



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## Method:

Preparing the octopus:

1. Take the octopus and lay it lengthways across a clean cutting board, left to right. Taking a sharp knife, cut the tentacle section from the head. Now, take the head piece and make a cut above the eyes. Discard the eye section.
2. Take the head, turn it inside out and remove the centre portion of the head, ink sac and any other cartilage until you are left with a 'hood'. Turn the head outside in and using your knife or hands, remove the skin. Cut the head into small pieces.
3. Take the tentacle section and gently squeeze the top to remove the 'beak' – the mouth – of the octopus.
4. Wash the tentacles and pieces you've cut of the octopus thoroughly under fresh, running water.
5. Put the octopus meat into a large pot, cover with fresh water, then add the vinegar and bay leaves. Cover pot and let the octopus cook on high heat for around 45 minutes. Try to avoid removing the lid as this reduces the water temperature and increases cooking time.
6. After 45 minutes, pierce the thickest tentacle with a fork. If it feels soft and tender, the octopus is cooked. Cut into small pieces and set aside.



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#### Preparing the shrimp:

1. While the octopus is cooking, clean the shrimp. To do this, remove the shells, heads and digestive tract, then rinse under cold, running water.

#### Preparing the squid:

1. Separate the head of the squid from its body.
2. Take the body of the squid, turn it inside out and remove the beak and quill – the inedible cartilage – and ink sac. Rinse the squid under running water.
3. Turn the body outside in and using a knife or your hands, remove the skin. Again, rinse the body with running water and then cut into rings of the same thickness.
4. Into a small saucepan of boiling water, add all the squid; rings and head. When the meat is cooked it will be soft and tender. Strain and set aside.



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For the pasta:

1. Fill a large pot with 6 litres of water and bring to the boil. Add 1 tbsp of salt and the tagliatelle, cooking for around 6 minutes. (The pasta will not be fully cooked. It will finish cooking in the sauce).
2. Put a large saucepan on high heat and add the butter. When it's melted, add the onion and sauté until glossy.
3. Add the garlic and rainbow of capsicums. When the vegetables are glazed, add the olive oil and seafood and continue to stir.
4. Season with salt and freshly ground pepper, then reduce the heat, add the cooking cream then the cooked tagliatelle. Stir gently so the sauce coats the pasta.
5. Add some more freshly ground pepper and the chopped fresh basil. Allow to cook for one more minute and then serve. Enjoy!

Handy tip:

If you don't feel confident cleaning seafood, visit the Waterfront Market where not only can you buy the highest quality seafood at the best prices, the friendly team will clean and prepare the seafood to your liking! This way you can reduce preparation and cleaning-up time.



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**Bon appétit!**

