

Octopus, Potato & Parsley Salad



Ingredients (Serves 4): 1 whole octopus, 1 small red chilli, 1-2 cloves of garlic, 1 bunch of flat-leaf parsley (finely chopped), 6 tbsp extra virgin olive oil, 8-10 new potatoes (quartered), juice of 1 lemon, 1 small bunch of chives (finely chopped)

Optional: 1 celery stalk finely chopped, 2 spring onions finely chopped

Preparation: <1-1.5 hours cooking time (dependent on size of octopus)

1. Prepare the octopus by tenderising it with a meat hammer (or rolling pin) and simply battering it gently for a couple of minutes. Rinse it under running water for a good few minutes to help remove excess salt. This stage is especially important as once cooked it is not possible to reduce the saltiness.
2. Heat 1-2 tbsp of oil in a pan and add the octopus, garlic, chilli and ½ the parsley. Cover and allow to simmer in its own juices for 1-1 ½ hours, checking regularly that the pan does not dry. Do not season or it may toughen. Once cooked, leave to cool.
3. In a separate pan, boil the potatoes until tender and then drain.
4. Take a large board and chop the octopus into bite sized pieces.

5. Mix the octopus, potato, remaining parsley, chopped chives, lemon juice and remaining olive oil and transfer into a serving dish. If using celery and spring onions, add them at this stage.
6. Eat warm.

Preparation Guide:



Serving Suggestion:

1. Serve with a large mixed leaf salad as a starter or light lunch