



Grilled Octopus

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 45 mins

Description

Grilled octopus is finished with a drizzle of extravirgin olive oil fresh lemon juice salt and a sprinkling of parsley
Simple yet deliciously satisfying

Ingredients

- - 2 tablespoons kosher salt - 1 tablespoon black peppercorns - 1 wine cork - 3 ½ pounds octopus
- head and beak removed - 2 tablespoons extra virgin olive oil - ½ medium lemon - ½ tablespoon minced fresh parsley - salt and freshly ground black pepper to taste

Instructions

1. Gather the ingredients. Fill a large pot 1/2 full with water. Add 2 tablespoons kosher salt
2. peppercorns
3. and the wine cork; bring to a boil over high heat. Meanwhile
4. place octopus on a cutting board. Using a wooden spoon or meat mallet
5. pound the octopus multiple times
6. starting in the middle and moving down each tentacle to tenderize the meat. Dip tentacles into the boiling water 3 times
7. holding them in the boiling water 2 to 3 seconds each time
8. until the tentacles curl up. Submerge entire octopus in the boiling water. Bring water back to a boil
9. reduce heat to low
10. cover
11. and simmer until octopus is fork-tender
12. 45 to 60 minutes. Remove from heat and cool for 30 minutes. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Grill octopus until charred on all sides
13. 3 to 4 minutes per side. Remove from heat
14. slice into pieces
15. and place on a serving platter. Drizzle with extra virgin olive oil and squeeze lemon over the top. Sprinkle with parsley and season with salt and pepper. Serve immediately.