



Spanish Octopus

Oscar · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

3 hrs 40 mins

Description

Above and beyond the ingredients in this octopus recipe the cooking method or should I say methods couldn't be easier. As long as you braise it gently on low heat until just tender and then give it a nice sear before serving you should be in great shape. This smoky braised octopus is great served with crusty roasted potatoes.

Ingredients

- - 1 yellow onion
- coarsely chopped - 3 cloves garlic
- peeled and crushed - 1 large bay leaf - 1 ½ teaspoons smoked Spanish paprika - 1 ½ teaspoons kosher salt - 1 tablespoon olive oil - ½ cup white wine - 1 (1 pound) piece Spanish octopus - 2 tablespoons olive oil - ? cup braising liquid - 1 tablespoon fresh lemon juice - 1 tablespoon extra-virgin olive oil - salt to taste - 1 pinch cayenne pepper to taste

Instructions

1. Gather the ingredients. Place onion
2. garlic
3. bay leaf
4. paprika
5. salt
6. and 1 tablespoon olive oil into a saucepan. Cook and stir over medium-high heat until onions start to soften
7. about 5 minutes. Add white wine to create the braising liquid. Bring to a simmer. Transfer octopus into braising liquid
8. turning to coat with the liquid. Cover; reduce heat to low. Simmer 20 minutes and turn octopus over. Continue cooking until octopus is tender
9. another 40 to 45 minutes. Remove from heat; transfer octopus to a large bowl. Pour braising liquid over octopus. Place bowl above a bowl of ice water to cool to room temperature. Cover bowl with plastic wrap when octopus and liquid are cool. Refrigerate until thoroughly chilled
10. at least 2 hours or overnight. Transfer octopus to a work surface and mop off braising juices with paper towels; remove as much of the purple skin as you want. Cut octopus into 3 or 4 serving-size pieces. Brush with olive oil. Transfer braising liquid to saucepan. Bring to a boil; remove from heat. Strain out solids; transfer liquid to a mixing bowl; let cool about 10 minutes. Stir in lemon juice
11. extra-virgin olive oil
12. salt
13. and cayenne pepper to make the serving sauce. Heat a grill pan or outdoor grill to high heat. Transfer octopus pieces to grill. Cook until flesh is seared
14. almost charred
15. 3 or 4 minutes. Turn and cook other side until dark brown
16. caramelized
17. and heated through
18. another 3 or 4 minutes. Transfer to a platter. Slice octopus into fairly thick diagonal slices. Place on a serving dish. Spoon braising liquid mixture over the top. Dust with a bit of cayenne pepper
19. if desired. Chef John Chef's Note Freshly chopped Italian parsley is nice to add to the serving sauce to taste. I love to serve braised octopus with crusty roasted potatoes.