



## JERNEJ KITCHEN

# EASY OCTOPUS SALAD

*Octopus Salad is a fantastic recipe for a cold appetizer, light lunch, or dinner. It's fresh and beautifully seasoned with olive oil. All made from scratch.*

SERVES	4	PEOPLE (APPETIZER)
PREPARATION:	15	MINUTES
COOK:	45	MINUTES
TOTAL TIME:	60	MINUTES

### COOKING THE OCTOPUS

- 1 frozen octopus (1.5 kg - 2 kg / 3.5 - 4.5 pounds)
- 2 bay leaves
- 1 tsp peppercorns
- 1/4 onion
- 1 bio lemon

### OCTOPUS SALAD

- 8 olives, pitted
- 1/2 red onion
- 1 clove of garlic
- 1 tbsp finely chopped parsley
- 1/4 chili, finely diced
- 4 tbsp olive oil
- 2 tbsp lemon juice
- 1/2 tsp lemon zest, grated

### COOKING THE OCTOPUS

Fill a large pot with water until half full. Place over high heat, and bring to a boil. Using metal tongs, dip the octopus into the boiling water for 5 seconds, then lift it and repeat the process 3 times. Then, dip the octopus into the boiling water, add the bay leaves, peppercorns, onion, and lemon wedges. Cover with a lid and simmer for 45 - 60 minutes, depending on the size of the octopus. The octopus is cooked when you can effortlessly push the forks into the meat.

### COOLING

When the octopus is cooked, let it cool completely by leaving it in a pot filled with cooking water for at least 2 hours or overnight. Then, using metal tongs, transfer the octopus to a large bowl. Peel the octopus and cut it into smaller slices, and place in a large bowl.

### OCTOPUS SALAD

Cut the olives in half. Finely dice the onion, garlic, and chili. Chop the parsley, and add all the ingredients to the octopus in a bowl. Make the dressing. In a small bowl, combine the olive oil, lemon juice, lemon zest. Season with salt and pepper. Pour the dressing over the octopus, stir to combine, and serve.

### TOOLS AND EQUIPEMENT Sponsored

- large pot
- metal tongs
- bowl