



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