



JERNEJ KITCHEN

BAKED OCTOPUS WITH POTATOES

Baked Octopus with Potatoes is a tasty Mediterranean recipe great for weekends and special occasions. A beautiful family meal for kids and adults.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	15	MINUTES
BAKE:	90	MINUTES
TOTAL TIME:	115	MINUTES

BAKED OCTOPUS WITH POTATOES

- 1.2 kg (2.5 pounds) frozen octopus
- 2 bay leaves
- 1 kg (2 pounds) potatoes
- 1 onion
- 5 garlic cloves
- 4 tbsp olive oil
- 1 bay leaf
- 250 g (1/2 pound) cherry tomatoes
- 50 ml (1/4 cup) white wine
- 1 tbsp diced parsley

TOOLS AND EQUIPEMENT

- dutch oven or ceramic baking dish
- kitchen knife
- cutting board

COOK THE OCTOPUS

Defrost the octopus overnight by placing it in a bowl at room temperature. Then rinse under running water, clean it and place in a large pot. Add bay leaves and water to cover the octopus. Cook over medium heat for 15 minutes. When the octopus cooks, set aside to cool, then cut it into larger pieces. Preheat the oven to 200 °C / 390 °F.

BAKE

Peel and cut the potatoes. Add to a large dutch oven. If you don't have a dutch oven, feel free to use a large ceramic baking dish. Also, add in peeled garlic cloves, peeled and sliced onion, bay leaf, olive oil, and season with salt and pepper. Stir and place the octopus on top. Cover with a lid or aluminum foil and place in the preheated oven. Bake for 1 hour at 200 °C / 390 °F on the medium rack.

Sponsored ADD THE TOMATOES AND FINISH

Carefully remove the dutch oven from the oven. Add cherry tomatoes and white wine. Continue to bake at 210 °C / 410 °C for 25 - 30 minutes. Before serving, sprinkle with diced parsley.