



Grilled Octopus



Tender, slightly charred and lightly seasoned with smokey paprika.

INGREDIENTS

- 2 pounds octopus
- 6 quarts cold water
- 1/4 cup white vinegar
- 1 large onion
- 1 bay leaf
- 2 lemons
- 2 sprigs fresh thyme
- 2 tablespoons salt
- 2 tablespoons chili flakes
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons paprika
- 2 teaspoons dried oregano
- 1/2 teaspoon black pepper
- 2 cloves garlic, minced

Preparing octopus for grilling



Rinse octopus thoroughly. If not cleaned, remove beak (center between the tentacles), remove eye portion, and clean-out inside of head.

*** Remember when cooking with seafood, always make sure your product is fresh**

Boil 6 quarts of water with vinegar, 1 clove of garlic, 1 1/2 lemons (quartered), thyme, bay leaf, and oregano. Once water has boiled, gently lower octopus tentacles into water for 3 seconds, five times. Tentacles should be curled nicely by the fifth dip. Lower temperature to just below boiling, and simmer octopus for 45-50 minutes. Remove from heat and rest octopus in water for an additional 30 minutes while you prepare marinade and grill.

Marinade



Combine olive oil, salt, pepper, 1 minced garlic clove, chili flakes, paprika, 1 teaspoon of oregano, and juice of 1/2 lemon.

Drain and pat octopus dry. Coat with marinade. You can grill immediately or let octopus marinate for 1-2 hrs or even overnight for more flavor.

Grilling

Place on medium heat for approximately 7-10 minutes, turning once. Remove when you've achieved a slight char.

Great Accompaniments

Grilled octopus is a great appetizer by itself, or served over a bed of pan fried potatoes and Spanish chorizo for something a little heartier.

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