

Recipe Name: Octopus Stew

Serves: 4-10⁺

From: Tucci

Cook Time: 30-45 Min

add more Octopus for larger gatherings

Ingredients

- Two or Three Large Frozen Octopus Nichols Liverpool
- SALT
- Pepper
- Lemon x 2
- Italian Parsley
- Fresh Pressed or Fine Chopped Garlic - 1 Bulb

Direction

Defrost Octopus -

- Bring Sauce Pot to A Rolling Boil - Not too Aggressive - salt to taste

- Chop Parsley - Approx 1 Cup
- De skin + prepair Garlic - I use Slap Chop.

- Slowly (with Tongs) introduce Octopus into the Rolling Boil Pot. In the water a small amount at a time, Remove Re-enter. Putting Octopus in too fast will create Rubbery octopus.

- Once in Rolling Boil Cook for 30 min Remove from pot - Trim Tentacles from Body - Remove + Cut tentacles into separate pot 1/2 inch Bites.

- Put Body of Octopus Back in Pot and Cook Additional 10 ish minutes.

- Once Complete Cube Octopus Bodies -

Apply Generous Amount of Extra Virgin Olive Oil

Covering Octopus - Add Garlic + Parsley - Squeeze 2 Lemons over Ingredients. Lightly Salt + Pepper.

Add Stock to Cover All Items in pot + Refrigerate Over Night.

Re Heat on stove and serve Like Soup! Enjoy!



Save Stock

Notes:

