



*sharing our Greek culinary heritage*

## *Eugene's Barbecued Octopus*

### *You will need...*

2 octopuses

1/2 cup extra virgin olive oil - Vassilakis Estate - My Olive Oil

3 level teaspoons Salt Odyssey - Sea Salt Smoked in Beechwood

3 level teaspoons Mountain Treasures - Organic Greek Oregano

3 medium garlic cloves, finely chopped

Juice of 1 - 2 lemons

Water

### *Preparing the octopus*

- Wash the octopus well. Cut the octopus at the base of the head, just below the eyes. Cut and separate each of the octopus' limbs close to where they attach to the beak. Turn the octopus' head inside-out and remove and discard all of the guts. Wash the octopus head well. Remove the skin from the octopus head. Cut the octopus head into 8 pieces.
- Fill a medium sized pot with water and bring to a rolling boil. Take the pot off the heat and gently lower in the octopus. Leave it there for 30 minutes.
- After 30 minutes, remove the octopus from the pot, place it in a bowl of ice water and leave it for half an hour. Then strain the octopus and place it in a clean bowl lined with dry paper towels. Cover it with paper towels too, before wrapping it in cling film or foil. Refrigerate overnight.

### *Preparing the dressing*

- Combine the extra virgin olive oil, salt, oregano, garlic and lemon juice. Mix well and set aside.

### *Barbecuing the octopus*

- Heat the barbecue on medium-high, before laying down the octopus pieces on the grill. Barbecue on both sides till brown score lines appear and a little charring. Once barbecued, chop the octopus limbs into 3-4 pieces each and place them in a serving bowl. Pour the dressing over the octopus and mix well.

## *Serving the octopus*

Serve immediately and enjoy!

Recipe serves 8-10 people as part of an appetizer spread.

Kali Orex!