

Tenderizing and Grilling Octopus

Great Alaska Seafood

Signature Seafood Recipe



Tenderizing Octopus for Grilling or Marinating

Ingredients:

4 Pounds Alaska Octopus,
8 Cups Water

3/4 Cup Red Wine

Instructions:

In a large non-reactive saucepan (stainless steel) combine the red wine vinegar, water and bring to a boil. Place octopus in boiling liquid. Add water to cover octopus and bring to a boil over low heat. Cover and reduce heat to very low. Simmer for about 45 minutes or until the octopus turns deep pink. Don't overcook the octopus or it will become rubbery later in the marinade. Drain, put the octopus in a bowl and let cool at room temperature. Then cover and refrigerate for 1 or 2 hours to chill. Octopus is now fully cooked, tenderized and ready to eat. Serving suggestions include grilling and marinating.

Grilled Octopus Recipe

Ingredients:

3/4 cup Olive Oil
1 Lemon

Garlic salt and other select spices

Place octopus in a large bowl, add $\frac{3}{4}$ cup olive oil and the juice from one lemon. Sprinkle with garlic salt and any other spices or condiments you prefer. Mix together being sure to coat the octopus and let set for one hour to overnight. Place octopus on a hot to medium hot BBQ, for about 2-3 minutes per side. Each time you turn the octopus be sure to brush with the olive oil mixture. Total cooking time about 10-12 minutes. Slice and serve.

www.Great-Alaska-Seafood.com

866-262-8846

Tenderizing and Marinating Octopus

Great Alaska Seafood

Signature Seafood Recipe



Tenderizing Octopus for Grilling or Marinating

Ingredients:

4 Pounds Alaska Octopus,
8 Cups Water

3/4 Cup Red Wine

Instructions:

In a large non-reactive saucepan (stainless steel) combine the red wine vinegar, water and bring to a boil. Place octopus in boiling liquid. Add water to cover octopus and bring to a boil over low heat. Cover and reduce heat to very low. Simmer for about 45 minutes or until the octopus turns deep pink. Don't overcook the octopus or it will become rubbery later in the marinade. Drain, put the octopus in a bowl and let cool at room temperature. Then cover and refrigerate for 1 or 2 hours to chill. Octopus is now fully cooked, tenderized and ready to eat. Serving suggestions include grilling and marinating.

Sfakia - Marinated Octopus Recipe

Ingredients:

3-6 Garlic cloves (to taste)

1 tbsp. Italian seasoning

1 tbsp. Dried oregano

1/3 Cup extra-virgin olive oil

2 tbsp. Minced fresh flat-leaf parsley

1 tsp. coarsely ground pepper

1 tbsp. Capers

Coarse sea salt to taste

Marinating Instructions:

After tenderizing, drain and put the octopus in a bowl. Let cool, then cover and refrigerate for 1 to 2 hours to chill. Cut the octopus into 1 inch pieces. In a separate bowl, combine the ingredients to make a marinade, add the octopus and place in glass bowl, cover and refrigerate. Ready to eat, best if left overnight stirring occasionally with a wooden spoon.

www.Great-Alaska-Seafood.com

866-262-8846