



Prep Time: 15 min.  
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Cook Time: 1 hr. 15 min.  
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Servings: 4

# Grilled Octopus

*Octopus is delicious but very tough if not tenderized correctly. We recommend using the recipe below to tenderize your octopus before doing any other preparation. After using our tenderizing recipe below, you will be able to cut the octopus with a butter knife.*

## Ingredients for Tenderizing:

- 4 Pounds Alaskan Octopus
- 3/4 Cup Red Wine Vinegar
- Enough water to cover the octopus

## Ingredients for Grilling:

- 3/4 cup Olive Oil
- Garlic Salt to Taste
- 1 lemon

## Tenderizing Octopus for Grilling or Marinating

**Instructions:** In a large non-reactive saucepan (stainless steel) combine 3/4 cup of red wine vinegar and about a gallon of water. Bring to a boil. Place octopus in boiling liquid. Add water to cover octopus and bring back to a boil over low heat. After octopus starts boiling again, cover and 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. The 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, Garlic Salt and 1 Lemon

**Instructions:** After following tenderizing recipe, place octopus in a large bowl, add 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. Total cooking time about 10-12 minutes. Slice and serve.



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