



Greek Sfakia Marinated 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.

Prep Time: 30 min.

Cook Time: 45 min.

Servings: 4

Ingredients for tenderizing:

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

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.

Ingredients for Marinade

- 3-6 Garlic Cloves
- 1 TBSP Italian Seasoning
- 1 TBSP Dried Oregano
- 1/3 Cup Extra Virgin Olive Oil
- 2 TBSP Minced Fresh Flat Leaf Parsley
- 1 TBSP Coarsely Ground Pepper
- 1 TBSP Capers
- Coarse Sea Salt to taste

Instructions: After following tenderizing recipe, combine all ingredients for marinade along with tenderized octopus and allow to marinate overnight in the refrigerator.



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