

SeaFood Charlie Recipe

Cooked Octopus Recipe

Prep:10 mins

Cook:2 hrs

Total:2 hrs 10 mins

Servings:4 to 6 servings

Ingredients

- 2 to 3 pounds octopus, fresh or frozen
- 3 to 5 quarts cold water

1. Gather the ingredients.
2. If buying fresh octopus, ask the fishmonger to clean it for you. However, if the octopus is not pre-cleaned, wash and clean it, removing the ink sac and internal organs by making a circular cut around the beak, with a paring knife. Pull away the beak and the organs will come with it. All frozen octopus is pre-cleaned.
3. Set the octopus in a large pot with enough water to cover it, then bring the water to just a simmer.
4. Simmer very gently at 190 to 200 F. Timing varies depending on the weight of the octopus and how many you are cooking. For a 2- to 3-pound octopus, it will usually be between 1 to 2 hours. Test for doneness by inserting a knife where the head meets the legs. The knife should slide in easily. If not, allow more time to cook. Once the octopus is tender, use it in your favorite recipe. Grill it or slice it in a salad. Enjoy.