

SeaFood Charlie Recipe

EASY GRILLED OCTOPUS

This is the way I like to prepare octopus of any size baby, medium or large.

- I always boil it first, then let it cool down to room temperature and quickly grill it, so it gets a nice char.
- Then I season it with olive oil, lemon juice, salt, pepper, dried oregano, fresh parsley and garlic (optional).
- After grilling you can use a mix of your favorite spices, if the ones I'm suggesting don't sound good to you.
- Cut the heads and removed the beak, it is in between all the legs, on the inside.

HOW LONG TO BOIL OCTOPUS?

- Boiled it for 40-45 minutes. Then I let it rest for 30 minutes.
- You can let it sit in the fridge overnight or even freeze it for up to 1 month.
- While the octopus was resting at room temperature, I drizzled some olive oil over it and added some chopped garlic, so it can get some seasoning, before grilling.
- I cut its tentacles and grilled it over medium-high heat for 3-4 minutes per side.
- Then I added some seasoning and served it.
- If you are cooking for a crowd, I recommend cooking 1 pound of octopus per person.