



RECIPE

Red Wine-Braised Octopus

Recipe Created For	Main Ingredient
3.5 L Braiser	Seafood
Cook Time	Serving Size
Under 2 hours	4

INGREDIENTS

- ½ cup (125 ml) olive oil, plus more for serving
- 3 garlic cloves, smashed
- 2 to 3 red chili peppers, halved lengthwise, plus more for serving
- A handful bay leaves
- 6 to 8 fresh octopus tentacles
- 2 cups (500 ml) red wine
- ½ cup (125 ml) red wine vinegar
- 2 tbsp (30 ml) honey
- 1 small bunch parsley, coarsely chopped
- 1 small bunch oregano, coarsely chopped
- 2 lemons, cut into rounds
- Flaky salt, to taste
- 3 tbsp (45 ml) capers, drained
- 2 shallots, thinly sliced
- Slices grilled bread, for serving

INSTRUCTIONS

In a Braiser over medium-high heat, warm the olive oil until shimmering. Add the garlic, chili peppers and bay leaves. Allow to brown for 1 minute (watch out for splattering). Remove with a slotted spoon and set aside.

Pat the octopus very dry with paper towel. Place the tentacles in the Braiser, turning them over to coat in the oil. Add the wine, vinegar, honey, ¾ of the parsley and oregano, 1 of the sliced lemons and the fried garlic mixture. Season with salt and pepper. Bring to a boil

Reduce the heat, cover with the lid and simmer for 30 minutes. Remove the lid and simmer for another 20 minutes, until the octopus is tender and the braising liquid has reduced slightly.

Remove the octopus from the braising liquid and divide among 4 Minimalist Dinner Plates. Strain the braising liquid.

Serve the octopus drizzled with some braising liquid and olive oil. Sprinkle with flaky salt and freshly cracked pepper. Garnish with capers, shallots, the remaining lemon slices, parsley and oregano. Add sliced chili peppers, if desired. Serve with grilled bread.

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