

Braised Octopus

By Molly O'Neill

YIELD Four servings

TIME 2 hours 15 minutes

INGREDIENTS

½ cup olive oil

3 cloves garlic, minced

1 tablespoon grated ginger

½ teaspoon chili-pepper flakes

**1 large octopus, about 6 pounds,
cleaned, body discarded, tentacles
cut into 1/2-inch chunks**

**3 cups fresh tomatoes, peeled,
seeded and minced**

**Salt and freshly ground pepper to
taste**

½ cup minced Italian flat-leaf parsley

4 thick slices crusty country bread

PREPARATION

Step 1

In a large, heavy pot over medium heat, warm the olive oil. Add the garlic and ginger, and cook about 2 minutes. Add the chili-pepper flakes and the octopus. Cover. Lower heat. Braise until tender, about 1 1/2 to 2 hours, stirring frequently.

Step 2

Add tomatoes and stir well. Add salt and pepper to taste. Stir, cover and simmer for 10 more minutes. Add parsley. Serve with grilled country bread.

PRIVATE NOTES

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