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EASY GRILLED OCTOPUS RECIPE

posted by LYUBOMIRA on AUGUST 1, 2018

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Easy Grilled Octopus Recipe – tender, lightly seasoned and charred octopus that tastes amazing!



Grilled octopus, made at home, can it get any better?

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Ordering octopus at a restaurant could be pricey.

I don't mind paying for a nicely cooked octopus, but at times, let's say often times is could be undercooked and chewy.

That's why, I learned how to make it at home.

I'm excited to share this Easy Grilled Octopus Recipe with you today.

And it is so easy. I can't believe it.

This easy grilled octopus recipe is perfect for an appetizer with a glass of chilled white wine.

Great for summer.

My whole family loves this recipe and it is so simple, but flavorful and delicious.



@cookinglsl

HOW TO MAKE THIS EASY GRILLED OCTOPUS?

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- 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.

WHY MAKE OCTOPUS AT HOME?

I know it could be intimidating to try cooking octopus at home, but believe me it is so easy!

You'll definitely impress your guests if you offer some charred octopus at your next party.

Since a good octopus dish, means tender octopus, you do need to boil it first.

WHAT SIZE OCTOPUS TO USE WHEN MAKING IT ON THE GRILL?

This time I used medium sized octopus (they sold it to me for "baby", but it was way bigger than baby octopus).

It was fresh, I don't really enjoy cooking frozen seafood...

I 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.

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Then I added some seasoning and served it.

If you are cooking for a crowd, I recommend cooking 1 pound of octopus per person.

If you like octopus and are curious to try and make it yourself, you should definitely try this grilling recipe.

Or I also have an [easy_pesto_shrimp_skewers_recipe](#), also made on the grill, great for a seafood feast.

Do you love seafood?

OTHER SEAFOOD RECIPES:

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Servings: [2](#)

EASY GRILLED OCTOPUS RECIPE

Prep Time:

15 mins

Cook Time:

1 hr

Total Time:

1 hr 15 mins

Easy Grilled Octopus Recipe - tender, lightly seasoned and charred octopus that tastes amazing! A must try for seafood lovers!

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INGREDIENTS

- 2 pounds fresh octopus — (baby, medium or large)
- olive oil

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- Juice from 1 lemon
- salt and pepper to taste
- 1/2 tsp dried oregano
- 2 tsp chopped fresh parsley

INSTRUCTIONS

1. Place octopus in a pot and cover with enough water. Bring to a boil. Boil for 40 minutes.
2. Remove octopus from hot water, rinse and place in a bowl. Drizzle with olive oil and add chopped garlic. Let it cool and rest at room temperature, for 30 minutes to 1 hour.
3. Preheat a gas grill to medium-high heat.
4. Slice octopus tentacles. Grill for 3-4 minutes per side, until charred.
5. Remove from heat and place in a bowl.
6. Drizzle with olive oil and add lemon juice. Season with salt and pepper. Sprinkle some oregano (optional) and parsley on top. You can also add some chopped garlic, too (optional).
7. Serve.

Course: Appetizer

Cuisine: Greek

Keyword: octopus

NUTRITION INFORMATION

Calories: **378**, Fat: **4g**, Saturated Fat: **1g**, Cholesterol: **217mg**, Sodium: **1043mg**, Potassium: **1587mg**, Carbohydrates: **11g**, Protein: **67g**, Vitamin A: **680%**, Vitamin C: **26.5%**, Calcium: **246%**, Iron: **24.1%**

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recipes, that don't take a lot of time to make and use mostly seasonal, easy to find ingredients. I'm a supporter of healthy eating, but you'll also find some indulgent treats too.

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