

Grilled octopus

By Régal | source: Rg71 May June 2016 | Published on 07/04/2016



Difficulty level **Easy**

Cost **Affordable**

Preparation time **1 hour 45 min**

Cooking time **1 hour 30 min**

Break **24 hours**

Categories: **Starters , Main courses , Crustacean fish and seafood**

A Spanish recipe. Serve the octopus with roasted potatoes in the oven.

For **4** people

Ingredients

1 kg Octopus
Olive oil
½ liter Red wine
8 Potatoes
2 onions

Production

- 1 Prepare the octopus. Rinse the octopus, clean the suction cups, to remove the sand, turn its head to remove its organs (or have it prepared by the fishmonger). To prevent the flesh from being rubbery, freeze it for at least 24 hours, then let it thaw in the refrigerator.
- 2 To cook the octopus. Immerse it in a large saucepan of boiling water and cook for 30 minutes at a full boil.
- 3 Drain the octopus. Place it on a baking sheet. Drizzle with a generous drizzle of olive oil and red wine. Surround it with potatoes and onions cut in half.
- 4 Bake at 180 ° C (th. 6) for about 1 hour.

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