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Octopus a la plancha and its aromatics: ideal for an aperitif!

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Of Spanish origin, octopus a la plancha is a really tasty tapa (or tapas!) That you can serve ideally at aperitif time. Octopi lovers, consider imperative to try our classic recipes [Grilled octopus with garlic and olive oil](#) the [Octopus Italian: delizioso insalate di p](#) ▲ without forgetting the [Octopus in tomato sauce](#) .



Octopus a la plancha: the ingredients

For 4 people:

- 1.5 kilograms of fresh octopus
- 4 lemons
- 2 new onions
- 2 cloves of garlic
- 20 cl of wine vinegar
- 10 cl of dry white wine
- A little olive oil
- A few Sprigs of Oregano





- Salt and pepper



Octopus a la plancha: the recipe

- Wash the octopus in clear water and dry it well
- Prepare the marinade by placing the octopus in a large saucepan and covering it with olive oil
- Pour the white wine over the octopus
- Add a few sprigs of thyme and rosemary
- Cover everything with water and cook the octopus in its marinade over high heat for two hours
- Place a fork in the octopus after two hours. If it is cooked, the blade must be able to enter without any resistance
- Take the octopus out of the water, drain it and cut it into small pieces
- Set aside in a salad bowl
- Mix two tablespoons of olive oil with the wine vinegar in a bowl
- Add the juice of two lemons
- Finely slice the onions and chop the garlic cloves then add them to the preparation
- Season with a little oregano, salt and pepper to your liking
- Let the octopus pieces marinate for at least one hour in a cool place
- Brown the pieces on **an electric plancha** that you have previously heated for 20 minutes
- Serve the grilled pieces with lemon juice and a little olive oil.

