



Luciana octopus recipe, a perfect second dish

The recipe of Luciana octopus, a typical Neapolitan preparation that enhances the simple taste of freshly caught fish.

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by **IFOOD** ([HTTPS://WWW.DISSAPORE.COM/AUTHOR/IFOOD/](https://www.dissapore.com/author/ifood/)) ([HTTPS://WWW.DISSAPORE.COM/AUTHOR/IFOOD/](https://www.dissapore.com/author/ifood/)) 17 December 2019

   (<mailto:dillo@dissapore.com?subject=&body=>)

Luciana octopus

Ingredients for 4 people 700 gr Baby octopus 4 baby octopus 2 cloves Garlic 1 sprig Parsley 150 gr Greek olives 40 gr Desalted capers 800...



The **octopus Luciana**, Neapolitan typical preparation, it seems to take its name from the fishing village of Saint Lucia - the historic district adjacent to the harbor - who loved to cook your fresh catch with simple recipes that exalt the natural flavor.

The "recipe question" combined with fish in all its variations should in general always be a simple cuisine, which respects the delicate flavor of the material and enhances its flavor with simple cooking and delicate combinations.

Octopus alla Luciana is no exception and enjoys this principle of simplicity of preparation that combines it with a tomato sauce, enriched only with olives and capers and a slightly long cooking, but which respects the timing of the size of the octopus - generally true and between 150 and 200gr in size - traditionally cooked in an earthenware pan.



The result is a tender octopus and a sauce rich in flavor, which should be consumed essentially in two ways: the first, more traditional, transforms the octopus from a second course to a single course, as it requires it to be served on a dry frisella that softens with the sauce and then consumed together; the second, gives life to a real first course - classic of Neapolitan catering - which combines octopus and its sauce with spaghetti for the most classic of courses: "spaghetti alla Luciana".





Preparation time

10 minutes

Cooking time

55 minutes

4 people

Ingredients

- 700 g Baby octopus (about 4 baby octopus)
- 2 cloves Garlic
- 1 sprig Parsley
- 150 g Greek Olives
- 40 g Desalted capers
- 800 ml Peeled Tomatoes
- salt
- Extra virgin olive oil

Preparation

To prepare the **Luciana octopus recipe**, peel 2 cloves of garlic and fry them with extra virgin olive oil in a crock pot.

When the garlic is golden, add the unsalted olives and the desalted capers and fry for 5 minutes.

Now add the peeled tomatoes, which you have previously cored and reduced to pulp with your hands, salt lightly and bring the sauce to a boil.

When it starts boiling, add the baby octopus by placing them in the sauce with the head side down.

Add the parsley, cover with the lid and cook over medium heat for about 20 minutes.

After this time, remove the lid from the pot, stir and cook in an open pot and high heat for another 30 minutes or until the sauce is free of excess liquids and is dry, dark in color and creamy.

Serve the octopuses hot accompanied by dry bread, or make them an accompaniment and sauce for a plate of spaghetti.





Note

Olives, preferably of Greek quality (more pulpy and tasty), should not be pitted to prevent them from releasing their natural purple color, compromising the final bright red of the sauce.

The octopuses should be inserted upside down both for optimal cooking, but also for a more pleasant aesthetic result.

The sauce should only be slightly salted, because all the other elements contained in it are already naturally savory.

Always wait for the sauce to boil before adding the octopus.

Although the crock is the traditional material in which this preparation is carried out, if you use a common aluminum pot, pay attention to the cooking times that could be significantly shortened, since the crock, which also heats up a lot, keeps the heat for a long time, but it does not "absorb" the heat of the flame with the same speed and intensity as other ferrous materials.

In the recipe proposed here, you will find the basic preparation of the recipe, but our advice, given the abundance of sauce present, is to always choose a carbohydrate to combine it, be it dry bread or a pasta dish, since if the octopus is enhanced by its cooking sauce, it is true that that sauce is too precious to resist the temptation to marry it with spaghetti and obtain a first course full of flavor, which in my experience will not leave even the most difficult children indifferent.



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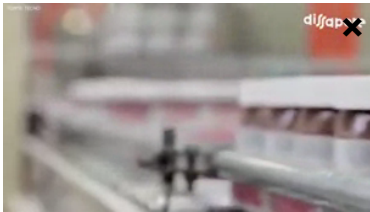
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