

# Preparation time

10 minutes

# Cooking time

55 minutes

# Doses for

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 Lucian a 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 comes to a boil, 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 match 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 taste, which in my experience will not leave even the most difficult children indifferent.