

## Real octopus salad *(Seafood main dishes)*



### Preparation

Get a real octopus: make sure there are eight tentacles, each with a double row of suckers, which confirm its identity. Beat him slightly. Boil a pot with water, a splash of vinegar, some celery, carrots and a bay leaf. When the water is boiling, submerge and remove the octopus from the water quickly three times, then immerse it completely and simmer for 20 minutes for each half kg of weight. Once cooked, let it cool in the water, then remove and cut into pieces. Drizzle with extra virgin olive oil, fresh lemon juice, parsley and salt.

### Tips

To keep the octopus meat tender there are a few little secrets that are worth knowing. The first is to immerse the octopus three times in boiling water and then remove it before you submerge it permanently. The second is to boil the water very gently, in other words barely simmer the water. The third factor is the cooking time: allow just 20 minutes per half kg of octopus. Any more than this and your octopus will become tough!

### Trivia

Scientists have confirmed that the octopus is the most intelligent of the invertebrates, having excellent problem solving skills!

### Information

**Preparation** 30 minutes

**Total Time** 20 minutes

**Serves X** Serves 2 persons

**Level of difficulty** Easy

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### Ingredients

**Octopus** 1000 grams

**Extra virgin olive oil**

**White wine vinegar**

**Parsley** (1 bunch of parsley)

**Water**

**Salt**

**Lemon** (A fresh lemon)

**Celery**

**Carrots**

**Bay leaves**