

Chefs A' Field

Culinary Adventures That Begin on the Farm



GRILLED OCTOPUS & GREEN SAUCE

BY CHEF HOLLY SMITH OF CAFÉ JUANITA

Octopus

- 1 three-pound octopus
(fresh is possible)
- 1 cork from a bottle of wine
- 2 cloves of garlic
- 1 bay leaf
- ½ cup ancholade
(anchovy & garlic marinade)
- Kosher salt

Green Sauce

- ½ bunch scallions (green tops only,
save bottoms for other use)
- 1 bunch Italian flat parsley
- 4 tablespoons salted capers,
(rinsed well)
- Juice from ½ a lemon
- Olive oil,
(enough to make sauce smooth)
- Salt (to taste)
- Pinch of cayenne pepper

For the Octopus

Fill a large pot with water and add cork, garlic, bay leaves, and octopus. Cover and boil lightly for 2-hours and 45-minutes. Check for tenderness--if necessary continue cooking an additional 15-minutes. Drain and cool. Trim off arms and pull off slimy film—discard head.

Lightly marinade in ancholade (can be purchased at local ethnic or specialty stores) and season with Kosher salt. Grill over BBQ or broiler until warmed through and a slight crunchy crust forms (a couple of minutes, depending upon the flame).

For the Green Sauce

In a small food processor cut scallions and parsley until well mixed. Add capers and process until all are finely ground. Stir in lemon juice and salt. Whisk in olive oil and adjust seasoning to taste.

On The Plate

Stack Octopus in center of plate. Drizzle the green sauce in a generous portion over the octopus. Enjoy.

Note - The Green Sauce will keep in the refrigerator for several days. It is also an excellent accompaniment to fish, chicken, and green vegetables.

Courtesy of Chefs A' Field.