



Grilled Octopus with Lemon, Oregano and Bay

Makes: 4

Prep time: 10 minutes

Cook time: Around 1 hour, 15 minutes (depending on the size of the octopus), plus cooling time.

Ingredients:

1 octopus, weighing around 1.5-2kg
1 onion, peeled and halved
1 carrot
1 stick celery
6 bay leaves
8 black peppercorns
1 lemon, sliced
Oregano
Extra virgin olive oil
Coarse sea salt

Transport yourself to a Greek island with this recipe for grilled octopus, fragrant with lemon and bay leaves. Although the octopus must be cooked before grilling, it's a very simple method and doesn't need much hands-on time. It's likely that the octopus you buy will be frozen, and almost certainly will have been cleaned already.

Method:



1. Wash and clean octopus and remove the hard beak if this hasn't already been done.

2. Place the octopus in a large saucepan with the onion, carrot, celery, bay leaves and peppercorns.



3. Cover with cold water and weigh down with a plate or something similar, to ensure the octopus is submerged. Bring to the boil then simmer for 1-1.5 hours. Check the octopus after 1 hour by inserting a skewer or tip of a knife into a tentacle. If it's tender, it is ready.



4. Remove from the heat and allow to cool completely in the liquid.

Method Continued:



5. Grill the prawns for a couple of minutes on each side, or until pink and cooked through.

6. Preheat two gas burners on the Jupiter Outback BBQ. Cook the octopus for around 10 minutes, turning regularly or until heated through and charred in places. Grill the lemon slices too, until soft and caramelised.

7. Arrange the octopus on a plate and dress with the lemon slices, plenty of olive oil, oregano and sea salt.

