



When I'm out ?Hunting? in the supermarket (Read loitering by the Yellow Sticker fridge!) I sometimes have a mooch past the Fish counter in the hope of picking something discounted or interesting up. I had a double score day a while ago, discounted and interesting / different! A complete Octopus. If you are going to tackle disassembling an Octopus at home, try not to burst the Ink Sack, it will save you a good deal of cleaning!

Ingredients:-

1 Whole Octopus
3 Tbsp of Red Wine Vinegar
120ml of White Wine (£1 from Home Bargains! - Probably dreadful to drink, but good for cooking!)
2 Tbsp of Honey
3 Tbsp of Balsamic Vinegar
3 Tomatoes Chopped
2 Cloves of Garlic, minced
Olive Oil
2 Bay Leave
2 Onions, sliced
Ground Black Pepper
Oil to fry
Fresh Parsley, to garnish

Method:-

- (1) Prepare the Octopus by removing the innards and the "Beak". Separate the tentacles and cut the body into rings.
- (2) In a pan add the tentacles, Red Wine Vinegar, White Wine and Bay leaves.
- (3) Bring to the boil and then reduce the heat and allow to simmer for 40 minutes.
- (4) When cooked but still slightly crunchy drain and reserve the liquid.
- (5) In a frying pan fry the Tentacles for a minute to crisp.
- (6) Add the Onions, Tomatoes, Olive Oil and Garlic.
- (7) Allow to cook for 5 minutes until the Onions have caramelized.
- (8) De-glaze with the Balsamic Vinegar and pour in the reserved liquid.
- (9) Stir in the Honey and season with Black Pepper.
- (10) Cook over a low heat for 3 minutes and serve garnished with fresh Parsley.

We battered the body rings and made Octopus Calamari as a side dish. We served ours over thick Rice noodles, garnished with fresh Parsley and Lemon wedges. Very tasty indeed.