

## EUROPE

### **Octopus and Potato Salad**

*Octopus and potato salad is a refreshing and flavorful Mediterranean dish that combines tender octopus with hearty potatoes, dressed in a light, tangy vinaigrette. The octopus is usually boiled or simmered until tender, then cut into bite-sized pieces, while the potatoes are boiled and diced, providing a creamy and slightly earthy contrast to the octopus.*

*The salad is typically seasoned with olive oil, lemon juice or vinegar, garlic, and fresh herbs like parsley or cilantro, giving it a bright and zesty flavor. Some variations include additional ingredients such as red onions, olives, or capers to add depth and texture. The balance of tender seafood, soft potatoes, and the vibrant acidity of the dressing makes it a satisfying and light dish.*



### **Ingredients**

- 1 octopus (about 2 pounds), cleaned
- 4 medium potatoes, peeled and diced
- 1 red onion, thinly sliced
- 2 cloves of garlic, minced
- 1/4 cup of extra virgin olive oil
- 2 tablespoons of red wine vinegar
- 1 tablespoon of lemon juice
- Salt and pepper to taste
- 2 tablespoons of fresh parsley, chopped
- Lemon wedges for serving

## How to prepare

- Bring a large pot of salted water to a boil. Add the cleaned octopus to the pot and reduce the heat to a simmer. Cook the octopus for about 45-60 minutes or until tender. You can check for tenderness by inserting a fork into the thickest part of the tentacle. If it goes in easily, the octopus is cooked.
- While the octopus is cooking, boil the diced potatoes in a separate pot of salted water until they are tender, about 10-15 minutes. Drain the potatoes and set them aside to cool.
- Once the octopus is cooked, remove it from the pot and let it cool slightly. Then, cut the octopus into bite-sized pieces.
- In a large mixing bowl, combine the octopus pieces, diced potatoes, sliced red onion, and minced garlic.
- In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, lemon juice, salt, and pepper to make the dressing.
- Pour the dressing over the octopus and potato mixture in the large bowl. Toss gently to coat all the ingredients evenly with the dressing.
- chopped parsley over the salad and toss again to combine.
- Cover the bowl with plastic wrap and refrigerate the salad for at least 1 hour to allow the flavors to meld together.
- Before serving, taste the salad and adjust the seasoning if necessary with more salt, pepper, or lemon juice.
- Serve the octopus and potato salad chilled, garnished with lemon wedges on the side.