

Grilled octopus

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Grilled octopus

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Grilled octopus can be made as a quick snack or finger food and is a common meze in Greek households.

It is often served with ouzo at tavernas in Greece, where alcohol is rarely served without food. Octopus from a seafood vendor has usually been pounded on rocks by fishermen and hung up to dry. Octopus tastes best when cooked over charcoal.

INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp red or white wine vinegar
- Juice of 1 lemon
- 1 tsp dried oregano
- 2-3 octopus tentacles or 250 g small whole octopus, washed and dried

METHOD

Preheat a barbecue or chargrill pan.

Prepare sauce by mixing olive oil with vinegar, lemon juice and oregano.

Grilled octopus

Grill octopus for 15 minutes or until you can pierce it easily with a fork.

Place cooked octopus on a serving plate, cut into two cm pieces and drizzle over sauce.

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Recipe from *The Mediterranean Diet* by Dr Catherine Itsiopoulos, \$34.99

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