TAGWOODBBQ GRILLING ACADEMY





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LEMON PROVENÇAL SPANISH OCTOPUS

DIFFICULTY

PREP TIME

IME |

SERVES

2/5

20′

70′

3-4

INGREDIENTS

1 whole octopus
5-6 golden potatoes
2 garlic cloves
Salt and Pepper to season

2 tablespoon of olive oil 1 lemon 1 bunch of parsley

PREPARATION

- We will first prepare our grill for later use, so add some charcoal to have embers ready.
- First, remove the peak in the middle of the octopus, and the eyes, if present, with a knife.
- Then, we need to scare the octopus in nearly boiling water, 3 times. Do so by grabbing the octopus by the head and dipping the tentacles in boiling water 3 times. Then, leave it in the boiling water to cook, for 30-40 minutes, and add some potatoes to absorb the flavors.
- Let's move to the lemon Provencal, to baste the octopus in later. Peel and chop 2 garlic cloves, and add them in a bowl with pepper, 3 table spoons of olive oil, 1 lemon's zest and juice, and some chopped parsley. Add some salt to taste.
- Remove the octopus and potatoes from the fire. Take the Octopus out and cut the tentacles on a chopping board.
- Now, on to the grill. We want the grill piping hot, so lower the main grill as close to the embers as possible and place the tentacles on the grates. Baste the octopus with our Lemon Provencal sauce, in both sides, until you see some color. About 10 minutes on each side.
- Slice up your potatoes and plate them and remove the tentacles from the grill and plate them as well. Add some Provençal dressing on the potatoes, and salt and pepper to taste. Hope you enjoy it!







