



Grilled Octopus Salad (Hobotnica Salata)

This is a family favorite from our native homeland of Croatia. If you've never tried octopus, don't be afraid...when cooked correctly its delicate and tender meat are similar to lobster, scallops or jumbo shrimp.

Active Time: 1 hour

Total Time: 5 hours

Yield: 4 servings

Ingredients:

For Tenderizing Marinade

Juice of 2 lemons (slice lemons after squeezing too)

1 whole large spring onion with green parts (substitute yellow onion if needed)

1 tablespoon *HH Lemon Salt*

For Boiling the Octopus

1 tablespoon black peppercorns

1 tablespoon of *HH Lemon Salt*

1 cup white wine (pref. Chardonnay)

1 wine cork (don't question my Nana or the science, just do it!)

3 ½ to 4 ½ pound Octopus (head intact, if you only have the tentacles, reduce boiling time by 10 minutes)

Final Marinade and Dressing for Salad

3 tablespoons Extra Virgin Olive Oil

2 tablespoons red wine vinegar

Grated lemon peel of one lemon

Juice of one lemon

1 cup chopped fresh parsley

Pinch of salt and fresh ground pepper to taste

Mixed greens of your choice (for 4 servings)

Step 1: Tenderize

1) Combine all of your tenderizing ingredients in a large bowl.

2) Place whole octopus in bowl and use tongs to make sure the entire octopus is coated.

3) Place plastic wrap over the bowl and refrigerate for 3 hours.

HH HOLLIE'S HOMEGROWN

Step 2: Boil

- 1) Fill a large pot ½ full with water. Add the peppercorns, salt, wine cork and wine and bring to a boil on high heat.
- 2) While waiting for the water to boil, place octopus on a cutting board spreading the tentacles out individually.
- 3) Using a wooden spoon, meat mallet or even a rolling pin, pound the tentacles starting at the top by the head and working your way down (the lower parts need very little pressure) gently as not to turn the meat to mush, but firm enough to tenderize it. 2 to 4 whacks on each ought to do it!
- 4) Pick up the octopus by the head with tongs or be brave and just use your hands! Dip the bottom of the tentacles (about 4 to 6 inches up from the bottom) into the boiling water 3 times, holding them for 2 to 3 seconds each time, until they curl up.
- 5) Then submerge the entire octopus in the boiling water.
- 6) Bring water back to a boil then reduce heat to low, cover and simmer until octopus is fork tender. About 25 to 35 minutes.
- 7) When fork-tender, remove from heat, remove entire octopus from pot and let it cool on a baking sheet for 30 minutes.

Step 3: To the Grill!

- 1) While the octopus is cooling heat up your grill to medium high heat, and lightly oil the grate.
- 2) Combine all the Final Marinade in a large salad bowl and set aside.
- 3) To prepare the octopus when cooled, use a sharp knife, cut the tentacles off at the top (or bottom of the head). Discard head, you'll only be grilling the tentacles.
- 4) Grill tentacles on grill until charred on all sides – 3 to 4 minutes per side.
- 5) When tentacles are done, place on cutting board and sliced into 2 inch pieces.
- 6) Place cut up tentacles in the large salad bowl with marinade and toss. Let sit for 10 minutes.
- 7) Add mixed greens to bowl with octopus and marinate and toss gently with tongs to coat the salad greens.

Serve Immediately!

****Ideas to add to the salad****

Roasted potatoes
Thinly sliced onions
Ripe tomatoes
Sliced cucumbers