



## Giuseppe's Sicilian Octopus Salad

(serves one person)

### Ingredients:

- 1 (approximately) 4 pound fresh or frozen octopus
- 2 lemons
- 1-2 stalks of celery with leaves
- 1 clove garlic, minced
- About 3-4 very small white potatoes, scrubbed and cleaned
- Olive oil
- Salt (and pepper, if you like it)

### Instructions

Wash octopus and cut off the head. You can use the head but it shrinks to practically nothing and has a tougher texture, making it not so appetizing. Make sure you also remove the beak (black thing in the middle of the tentacles).

Fill a pot large enough to submerge the octopus with water. Put the octopus in the water along with two lemon halves. Put on the stove and bring to a boil with the lid on. Once the water is boiling, immediately lower it to a simmer and let it cook for about 30 minutes (total cooking time, including time for water to come to a boil should be about one hour). Insert a fork into one of the legs and if it feels tender, remove from the heat. Tender means that the fork goes in with no resistance. If not, continue to cook, testing every 5 minutes.

While octopus cooks, put the minced garlic in a very small pot with some olive oil to cover and cook about 45 seconds to one minute on low heat. Do not

brown it. This will make the garlic have less of a sharp, raw taste. Set it aside off the heat.

Put potatoes in a pot with water and boil, whole, until tender (about 10 minutes); do not let them overcook. Remove from heat and drain. You can leave the skins on or peel. Cut into quarters and put in a bowl.

Finely chop the celery stalks and leaves. Add the celery and the cooked garlic to the bowl with the potatoes.

When the octopus is tender, remove from the heat and (careful, it will be hot! use tongs) rinse under cool water. Put it on a cutting board and cut each leg apart; you should have eight. Using your hands, rinse each leg to remove the purple outer skin; it will come off easily if the octopus is lukewarm, not cold. Once removed, the flesh should be a nice, clean white color. Once it is all rinsed, you can use one of the tentacles for the salad and freeze the others, in separate bags, to either make another salad later or to grill a couple.

Trim the gelatinous strip on the leg off. Cut the tentacle into bite size pieces and put into the bowl with the potatoes, celery, and garlic. Add some salt to taste along with the juice of the second lemon and a little more olive oil. Mix well and put in the refrigerator for about one hour to give the ingredients time to meld. Serve with some crusty French bread and a glass of wine.