



GRILLED OCTOPUS AND HEIRLOOM TOMATO SALAD

INGREDIENTS

- 1 Medium or 2 small Frozen Octopus (1.5 - 2 pounds)
- 1 Stalk Celery, Roughly Chopped
- 1 Large Carrot, Roughly Chopped
- 1 Small Onion, Peeled & Roughly chopped
- 2 Garlic Cloves, Peeled
- 1 Cup Kendall Jackson White Wine
- 1 Cup Water
- 2 Cups Cherry mixed Tomatoes, Halved
- 4 Cups Fresh Arugula, Washed & Dried
- 2 Tablespoons capers
- 2 Tablespoons Fresh Oregano leaf
- 2 Tablespoons Fresh Parsley leaf
- 2-3 Tablespoons Extra Virgin Olive Oil
- Salt & Pepper
- Aged Balsamic Vinegar

INSTRUCTIONS

1. Thaw the octopus and cut off the head and beak.
2. Place the octopus in a heavy saucepan with the celery, carrot, onion, garlic, wine, and water.
3. Bring to a boil, then reduce the heat to a simmer.
4. Continue to cook until the octopus is fork tender, about 60 minutes.
5. It will release a lot of liquid as it cooks and turn the cooking liquid purple which is normal.
6. Preheat your broiler or grill.
7. Remove from the heat and allow to cool.
8. Remove the octopus from its cooking liquid and place on a baking sheet.
9. Lightly brush the octopus with olive oil and then broil or grill until it begins to brown.
10. Allow to cool, then cut into bite sized pieces and place in a salad bowl.
11. Add the cherry tomatoes and arugula.
12. Toss, then drizzle in just enough olive oil to lightly coat the greens and season with herbs capers, salt and pepper.
13. Toss gently once more and arrange in individual serving bowls.
14. Drizzle just a little of the aged balsamic