

Octopus & Chorizo Salad



Ingredients (Serves 2-3)

For the octopus

- 2 small octopus, cleaned (get the fishmonger to do it!)
- 10 black peppercorns
- 2 bay leaves
- 1 medium onion, peeled and halved
- 2tbsp vinegar

For the octopus marinade

- 1tbsp olive oil
- 1 garlic clove, finely chopped
- generous pinch dried oregano
- salt and black pepper

For the salad

- 1 tin cannellini bean, rinsed and drained
- good handful small cherry tomatoes, halved
- 1tbsp capers, rinsed and drained
- 14cm piece spicy chorizo, sliced
- juice 1/2 lemon
- 1tbsp extra virgin olive oil
- salt and pepper to taste
- handful flat-leaved parsley, finely chopped
- mixed baby salad leaves, such as lambs lettuce, chard, pea shoots

Squid can be used instead so if you do decide to use it just skip all the pre-cooking part and score and cut your squid into pieces and then marinade and griddle.

Method

To cook the octopus

Bring a large pan of water to the boil and add the peppercorns, bay leaves, onion and vinegar. Put in the octopus and turn the heat down to a very gentle simmer. Put on a lid and cook for 1 hour.

The octopus are done when a knife point can be easily pushed into the thickest part of the tentacles. When done remove from the pan and set aside to cool.

Cut the tentacles off and remove any large suckers. Slice the tentacles into bite-sized pieces. Take the head/body portion and cut it in half lengthways and then slice into strips.

To make the marinade

In a bowl, stir together the olive oil, garlic, oregano, salt and pepper.

Put in the octopus pieces and stir to coat them in the marinade. Cover with cling film and put in the fridge to marinate for at least an hour.

To finish making the salad

Put the cannellini beans, cherry tomatoes and capers into a bowl and stir to combine.

Heat a griddle pan until smoking hot and tip in the octopus and sear for a couple of minutes until they take on some colour but not too much. Tip the octopus into the bean mixture.

Gently fry the chorizo in a little olive oil and add this to the salad mix too. Give it all a stir.

Add the rest of the ingredients; lemon juice, olive oil, salt and pepper and parsley and mix into the salad. Arrange some baby salad leaves on a plate and pile the octopus and chorizo salad on top.

Drizzle with some extra virgin olive oil to serve.