



RECIPE:

Octopus and Tuna Salad with Olives, Potatoes and Balsamic Vinegar Dressing

Serves: 4

Prep Time: 20 minutes

Cooking Time: 1 hour

Ingredients:

- 1 to 1.2 kg octopus, fresh or frozen
- 1 jar **Sapori di Mare** Tonno Bianco (white tuna fillets)
- 1 carrot, peeled and roughly chopped
- 1 onion, roughly chopped
- 1 celery stick, roughly chopped
- 2 potatoes, peeled and diced (1.5cm cubes)
- 1 garlic clove, crushed
- ¼ cup fresh parsley, chopped and stalks kept separate
- 1 sprig rosemary, picked
- 1 punnet cherry tomatoes, quartered
- ½ cup **Labbate** Green or Red olives, pitted
- 6 Tbs. **Crudo** extra virgin olive oil
- 2 Tbs. **Reale** Balsamic Vinegar di Modena or Balsamico Riserva “6 travasi”
- 1-2 handfuls of mixed leaves, washed, for serving
- Salt and pepper

Method:

1. Place the octopus in a large pot with carrot, celery, onion and parsley stalks and cover with water. Simmer until tender (approximately 1.5-2 hours). Remove from heat source and allow octopus to cool in the cooking liquid.
2. Once cooled, remove the octopus from the liquid and clean, discard vegetables. Cut into 1.5cm pieces and set aside.
3. Meanwhile, boil the potatoes in large pot of boiling salted water until cooked. When ready, drain and set aside to cool.
4. In a large bowl, mix the octopus with the garlic, cherry tomatoes, potatoes, olives, white tuna fillets, parsley and rosemary.
5. Season with salt and pepper then dress with extra virgin olive oil and balsamic vinegar.
6. Serve on a bed of mixed leaves.

Chef Note: Very important to allow the octopus to cool in the cooking water to maximise flavour. Prepare the tomato mix 1 hr in advance to allow ingredients flavours to infuse together.

Recipe created by Chef Consultant Luca Ciano