

Chef Anthony's Braised Octopus

2 octopus (2-3 pounders)
10 garlic cloves, chopped
3 shallots, chopped
4 Roma tomatoes, chopped
3 bay leaves
10 peppercorns
1/4 cup red wine vinegar
1 tbs olive oil
Salt and pepper to taste

Pre-heat oven to 300 F

1. Prepare the octopus by removing the head right below the eyes so the tentacles are still connected. Stick your finger through the hole to remove the beaks.
2. In a large pot, bring about 6 cups of water to boil. Add bay leaves, peppercorns, and red wine vinegar. Turn off heat.
3. Using tongs, slowly dip the octopus in the hot water a couple of times until the tentacles gently curl up, then place in water. You just want to poach the octopus long enough so it's firm. This will allow it to hold a good shape while it braises. After about a minute, remove the octopus and set aside. **SAVE THE LIQUID. YOU WILL NEED IT.**
4. In a dutch oven, heat olive oil over medium-high heat. Add the garlic and shallots and sauté until soft. Add the Roma tomatoes and cook for about one minute.
5. Take the octopus and place them in the dutch oven with the garlic, shallots, and tomatoes.
6. Next, using a strainer, pour the poaching liquid over the octopus until it's almost covered, about 2/3 the way up.
7. Cover the dutch oven, with foil, then the tight-fitting lid. Braise in the oven for 1.5—2 hours.

The octopus will be fork tender and still have the integrity of its shape. **Cool and let chill overnight.**

8. When ready to use, simply brush with olive oil and season with salt and pepper. Grill for about a minute and then flip. You want it to be heated through with a little char.
9. Serve over roasted potatoes and top with a light salad with your favorite vinaigrette