



OCTOPUS CASSEROLE

Ingredients

2 cloves garlic
Vegetable oil
400g cleaned octopus
½ cup white wine
2 tablespoons pitted black olives
2 table spoon small capers
1 bunch continental parsley picked and chopped
250ml pureed raw tomato
250g chopped raw tomato
Olive oil
½ garlic clove minced

Method

Cut the garlic into large pieces, using a sauce pan big enough to hold the octopus fry the garlic in the oil until golden. Add the octopus and fry them for a minute or two, add the wine bring to the boil and turn down the heat. Cover and let simmer for about 40 minutes or until tender.

Fry the minced garlic in the olive oil until golden add the chopped raw tomato then the tomato puree, a little of the octopus braising liquid and then the octopus, cook for about 5 minutes or until the tomato becomes sauce like, add the chopped olives and the capers, check the seasoning and finish with chopped parsley.

Serves 4

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