

## Grilled octopus

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## Grilled octopus

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Grilled octopus can be made as a quick snack or finger food and is a common meze in Greek households.

It is often served with ouzo at tavernas in Greece, where alcohol is rarely served without food. Octopus from a seafood vendor has usually been pounded on rocks by fishermen and hung up to dry. Octopus tastes best when cooked over charcoal.

### INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp red or white wine vinegar
- Juice of 1 lemon
- 1 tsp dried oregano
- 2-3 octopus tentacles or 250 g small whole octopus, washed and dried

### METHOD

Preheat a barbecue or chargrill pan.

Prepare sauce by mixing olive oil with vinegar, lemon juice and oregano.

## Grilled octopus

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Grill octopus for 15 minutes or until you can pierce it easily with a fork.

Place cooked octopus on a serving plate, cut into two cm pieces and drizzle over sauce.

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Recipe from *The Mediterranean Diet* by Dr Catherine Itsiopoulos, \$34.99

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