



Fried octopus

20'
Hands on

55'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- In a **pot** add the vinegar, the water, the peppercorns, the allspice berries, the bay leaves, the garlic, and the stems of the parsley.
- Clean the octopus, separate the tentacles, and add them to the pot.
- Transfer over medium heat, cover with the lid and simmer for 40-50 minutes.
- Set aside to cool.
- In a bowl add the flour, the corn starch, salt, pepper, and mix.
- Place a **frying pan** with the sunflower oil over medium heat.
- Add the octopus pieces into the bowl and mix until their whole surface is covered.
- Transfer to the hot oil and fry them for 3-4 minutes until golden. Remove and place on paper towels.
- In a bowl add the mayonnaise, the curry, the lemon zest and juice, and mix.
- Serve the octopus with the sauce, mint, and lemon slices.

Ingredients

- 1 tablespoon(s) vinegar, white wine
- 100 g water
- 1 tablespoon(s) peppercorns
- 2 allspice berries
- 2 bay leaves
- 1 clove(s) of garlic
- 1/2 bunch parsley
- 1 kilo octopus
- 200 g all-purpose flour
- 1 tablespoon(s) corn starch
- salt
- pepper
- 400 ml sunflower oil

For the sauce

- 200 g [homemade mayonnaise](#)
- 1 teaspoon(s) curry
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon

To serve

- mint
- 1 lemon, slices

Διατροφικός πίνακας

Nutrition information per portion

405 Calories (kcal)	24.0 Total Fat (g)	2.2 Saturated Fat (g)	21.0 Total Carbs (g)
20%	34%	11%	8%
0.8 Sugars (g)	25.0 Protein (g)	0.9 Fibre (g)	0.7 Sodium (g)
1%	50%	4%	12%