



# Balsamic Braised Octopus Stew with Olives

10'

Hands on

70'

Cook Time

4-6

Portion(s)

1

Difficulty



## Ingredients

- 1 kilo octopus, washed and cut into bite sized pieces
- 4 tablespoon(s) olive oil
- 15 onions, shallot
- 3 clove of garlic, thinly sliced
- 120 g olives, pitted and sliced
- 3 bay leaves
- 2-3 tablespoon(s) balsamic vinegar
- pepper
- 2 pinches chili flakes
- 2 tablespoon(s) honey
- spring onions, to serve
- coriander

## Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Wash the octopus and scrub the suckers to remove any sand or grit.
- Place your octopus on a [cutting board](#).
- **Chop** off the hood right under the eyes. Cut right over the eyes and discard that section, reserving the hood.
- Turn the hood inside out and wipe clean with some paper towels. Turn it back over.
- Find the mouth at the center of the body and remove it. Separate the legs from the body and chop all of the octopus into 2 cm bite sized pieces.
- Transfer to a bowl.
- Place a [pot](#) over high heat and let it get very hot.
- Chop 15 shallots in half and press down on each half with the palm of your hand and separate the layers.
- Add 4 tablespoons of olive oil to the pot and then add your shallots.
- Stir and saute for 3-4 minutes until they caramelize nicely.
- Thinly slice 3 cloves of garlic and add them to the pan.
- Stir and saute.
- Add the octopus and saute for 4-5 minutes stirring often with a wooden spoon.
- Add 120 g of pitted and sliced olives, the balsamic vinegar, 2 pinches of chili flakes, 3 bay leaves, 2 tablespoons of honey and some pepper.
- Do not add any salt since the octopus is already salty.
- Stir to combine all of the ingredients.
- Lower heat and cover pot with a lid and let it simmer for 45-60 minutes, until it softens to your liking.
- Check the stew about 10 minutes before the suggested cooking time, to see if it has released too much liquid. If it has, then leave the pot uncovered until all the extra liquid has evaporated. It will reduce in to a nice rich broth.
- Serve with some finely chopped spring onions and fresh coriander.

## Διατροφικός πίνακας

Nutrition information per portion

226 Calories (kcal)	7.5 Total Fat (g)	1.3 Saturated Fat (g)	8.0 Total Carbs (g)
11%	11%	6%	3%
7.6 Sugars (g)	30.8 Protein (g)	1.5 Fibre (g)	0.96 Sodium (g)
8%	62%	6%	16%

## Tip

This Mediterranean stew can be served with [fries](#), yellow sweet bean puree (fava) or potato rosti, which is very similar to hash browns.