



GRILLED OCTOPUS WITH OUZO AND THYME

By Antony Worrall Thompson, serves 4

INGREDIENTS:

- 700g octopus, cleaned, frozen and defrosted
- 400ml ouzo, plus extra for drizzling
- 2 lemons, zested and juiced
- 800 ml water
- 4 garlic cloves, smashed
- 1 onion, sliced
- ½ tsp fennel seeds
- 1 bunch thyme
- olive oil, for brushing
- 25g butter, cold
- freshly ground pepper
- 450g medium potatoes, peeled and halved then steamed, served drizzled with extra virgin olive oil and a sprinkle of paprika
- 4 lemon wedges
- thyme leaves, to garnish

METHOD:

- Place the octopus in a saucepan. Add 350ml of the ouzo and enough water to just cover the octopus. Add the garlic, onion, fennel seeds and thyme. Bring to the boil, reduce the heat and simmer gently for 2 hours, until the octopus is tender. Remove the octopus (reserving the cooking liquid) and cool. Slice the body, while keeping the tentacles whole.
- Place the sliced octopus in a bowl. Add the remaining ouzo and the lemon zest and juice. Cover and marinate in the fridge for 24 hours.
- Meanwhile, bring the octopus cooking liquid to the boil. Cook briskly until reduced to 100ml. Cool and chill for 24 hours.
- Preheat the grill. Brush the marinated octopus with olive oil (reserving the marinade) and season with pepper. Cut the tentacles into pieces using scissors.
- Cook the octopus on a griddle pan for 4 minutes on each side. Place on a serving plate and drizzle over a little ouzo.
- Meanwhile, place the reduced cooking liquid in a small saucepan. Add a little of the reserved marinade. Bring to the boil and cook for 1 minute, reduce the heat and mix in the butter until it melts.
- Pour the sauce over the freshly grilled octopus, serve with the potatoes and garnish with lemon wedges and thyme leaves.

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