



## Octopus Salad



### Ingredients

1 octopus (about 800 g in weight)  
1 stick of celery  
1 carrot  
2 cloves of garlic  
2 bay leaves  
1 tbsp vinegar  
a pinch of salt

### for the dressing:

1 clove of garlic  
3 tbsp of olive oil  
the juice of a lemon  
salt and pepper  
1 tbsp fresh chopped parsley

### Method

Wash the celery and the carrot and put them in a sauce spoon with plenty of cold water, the bay leaves, garlic, vinegar, salt and bring to the boil.

When the water boils, holding the octopus from the head, dip the tentacles in and out of the water repeatedly for 4 times until they curl up (this will make them tender) then dip the whole octopus into the water. Turn the heat down, cover it up and let it cook for about 35 minutes.

Check that it is cooked by pricking it with a fork. It should be tender, if not let it cook for longer.

When cooked, take it out of the water and let it cool down.

Chop it into small pieces, then add the lemon, the cooked chopped carrot, olive oil, salt, pepper, crushed garlic, parsley and mix it all up well.

Add to your favorite salad and serve.