

TASTE THE WORLD AT WOMADELAIDE 2005

BARBECUED OCTOPUS – ANGELAKIS FAMILY RECIPE

Ingredients:

Octopus tentacles
Lemon juice – 2 parts freshly squeezed
Olive oil – 1 part
Oregano – dried leaf or fresh
Coarse black pepper
Salt

Method:

To tenderise, place the octopus on a clean stone or marble slab, pick it up and throw it back again. Hard! Repeat this procedure until the octopus has softened. Fishermen use the rocks by the seam to “bash” the octopus, but the use of a meat mallet is also quite effective, however must fishmongers pre-tender the octopus by tumbling it in a fish scaler.

To prepare marinade, beat lemon juice and olive oil in the proportion of 2 parts lemon to 1 part olive oil. Add the oregano, pepper and salt to taste. Place the well washed octopus in the marinade and refrigerate overnight. Remove octopus and reserve the marinade. Either of the following two methods may be used to barbecue:

If using a hot plate, leave the octopus tentacles whole. Barbecue and baste with a brush using the reserved marinade. When cooked, cut into serving portions and serve hot.

The octopus may be cut into pieces, threaded on skewers and placed over hot coals. Baste regularly while cooking.

On cooking, the octopus will change colour, becoming dark red on the outside and milky white inside. It will also become quite dry, thus the importance of the marinade and frequent basting.

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PRODUCED BY WOMADELAIDE FOUNDATION LTD ABN 55 106 584 230 & MANAGED BY ARTS PROJECTS AUSTRALIA & WOMAD LTD
12 King William Road, Unley SA 5061 T 08 8271 1488 F 08 8271 9905 E apadmin@artsprojects.com.au

