

OCTOPUS CONSERVE



Magazine
Aug. | Sept. 07

Photos: Nuno Campos
Chef: Boris Schijvens

1KG FOR 8-10 SERVINGS

Preparation Time: 30 min.

Cook Time: 45 min.

INGREDIENTS

1kg octopus • 6 red peppers • 2 handfuls chopped coriander • 10 garlic cloves, finely chopped • 3 tablespoons wholegrain mustard • Juice of 4 lemons • 2 tablespoons runny honey • 2 teaspoons Tabasco or piri piri sauce • Pepper and salt

METHOD

Preheat the oven to 220°C. • Boil the octopus in a large pan of salted water for 40 min., until soft and tender • Bone the octopus and clean of ink • Bake the peppers in the oven until their skins turn black, turning every now and then • Remove from the oven and leave to cool a little • Remove their skins • Remove the seeds and cut into strips • Cut the squid into small pieces and mix with the peppers • Add all the remaining ingredients and stir well • Place in a preserving jar • Stays fresh for up to a week when stored in the fridge • An excellent choice to accompany salads, toast or barbecues