

SPICY BABY OCTOPUS, KOHL RABI REMOULADE

EQUIPMENT

CHEF'S KNIFE, PARING KNIFE, SMALL MIXING BOWLS, SHALLOW SKILLET OR FRYPAN,
WOODEN SPOON, BAKING PAPER

INGREDIENTS

5-6 WHOLE BABY OCTOPUS, 1 BROWN ONION, 4 CLOVES PEELED GARLIC,
1 RED CHILLI, 6 SPRIGS THYME, 250GM RED WINE, 250GM COLD WATER,
2GM DRIED CHILLI FLAKES, ½ KOHL RABI, 30GM MAYONNAISE, 1 LIME,
5-6 SPRIGS PARSLEY

METHOD

TO CLEAN THE BABY OCTOPUS MAKE A SMALL CUT IN THE HOOD FROM NEXT TO THE TENTACLES TO THE TOP OF THE HOOD EXPOSING THE ENTRAILS. REMOVE THE ENTRAILS UNDER COLD RUNNING WATER AND DISCARD

ONCE THE ENTRAILS ARE REMOVED FROM INSIDE THE HOOD PUSH DOWN THE "BEAK" THROUGH THE MIDDLE OF THE TENTACLES AND CUT AWAY THE BEAK AND DISCARD ALSO

PEEL AND FINELY SLICE THE ONION, GARLIC AND CHILLI AND PLACE THE SKILLET OVER MEDIUM HEAT ON THE STOVETOP. ADD A SPLASH OF EVOO TO THE PAN AND SAUTÉ THE ONION FOR 2 MINUTES UNTIL TENDER, NEXT ADD THE GARLIC, CHILLI, CHILLI FLAKES AND THYME SPRIGS AND COOK FOR A FURTHER 2 MINUTES

ADD THE CLEANED OCTOPUS TO THE PAN AND SAUTÉ FOR 2 MINUTES THEN ADD THE RED WINE AND BRING TO THE BOIL OVER HIGH HEAT. REDUCE THE RED WINE BY $\frac{3}{4}$ UNTIL IT IS ALMOST EVAPORATED, ADD THE WATER AND RETURN TO THE BOIL AND ONCE BOILED REMOVE FROM THE HEAT.

PLACE A SHEET OF BAKING PAPER OVER THE TOP OF THE SKILLET AND PLACE THE SKILLET INTO A PRE-HEATED OVEN COMBI SETTING 150°C FOR 1.5 HOURS

FOR THE REMOULADE CUT THE KOHL RABI IN HALF AND PEEL THE OUTER SKIN WITH A SHARP KNIFE, CUT FINE SLICES AND THEN CUT EACH SLICE INTO MATCHSTICKS. PLACE THE KOHL RABI INTO A SMALL MIXING BOWL AND SQUEEZE OVER THE JUICE OF ½ A LIME AND SEASON WELL. LEAVE ON THE BENCH TO CURE FOR 15 MINUTES.

CHOP THE PARSLEY AND SET ASIDE

ONCE THE KOHL RABI HAS SOFTENED SLIGHTLY SQUEEZE OUT THE ANY LIQUID THAT REMAINS IN THE MIXING BOWL. ADD THE MAYONNAISE AND ½ OF THE CHOPPED PARSLEY AND MIX THROUGH. PLACE INTO A SMALL TAPAS BOWL AND SET ASIDE

WHEN THE OCTOPUS HAS FINISHED COOKING REMOVE THE SKILLET FROM THE OVEN AND ADD THE REMAINING CHOPPED PARSLEY AND STIR THROUGH, PLACE THE OCTOPUS INTO ANOTHER SMALL TAPAS BOWL AND SERVE WITH SOME CRUSTY BREAD.

HINTS & TIPS

- BABY OCTOPUS CAN BE A LITTLE DAUNTING TO COOK AND WE HAVE ALL HAD TOUGH OCTOPUS BEFORE, SLOW LOW TEMPERATURE COOKING IS THE KEY TO SUCCESS HERE

SOME FISHMONGERS WILL HAVE THE OCTOPUS ALREADY CLEANED FOR YOU IF NOT YOU CAN ASK THEM TO DO IT. WHEN BUYING OCTOPUS TO ENSURE THEY ARE FRESH LOOK FOR TENTACLES THAT ARE HANGING NATURALLY. ANYTHING OCTOPUS THAT HAS TENTACLES CURLED UP IS A SIGN THAT THEY HAVE EITHER BEEN BLANCHED IN HOT WATER OR FROZEN