

Octopus carpaccio



 For about 12 slices of carpaccio

Ingredients

1 clean octopus of about 1kg
2 tablespoons of extra virgin olive oil
4-5 grains of black pepper
3 bay leaves
dill, lemon and salt

Method

Clean the octopus from the intestines, the central spout and the skin of the head. Soak it in a pot with water, add 4-5 grains of black pepper and 3 bay leaves, let boil and cook for 40 minutes or until it is easy to run through the tentacles with a fork. Meanwhile cut a half a bottle of plastic for food, drain the octopus, separate the tentacles from each other and if they are too long cut these in half, cut into strips the head. Still warm put it in the bottom of the bottle being careful not to leave holes and positioning in vertical all the pieces of octopus. Cover flush with the film and put a weight on. Allow to cool completely and put in refrigerator for at least 24 hours. If you do not have all this time, you can put in freezer for at least 6-7 hours and pull out 10 minutes before cutting and serving. Remove the octopus from the bottle by doing on the bottom a light finger pressure. Cut into thin slices, serve with a vinaigrette of extra virgin olive oil, salt, lemon juice, dill and with some slices of lemon.