



SOUTH AMERICA

OCTOPUS SALAD

Ingredients

(For 8 people)

- 400 g octopus
- 200 g new potatoes, peeled and cut into rounds
- Olive oil
- 50 g cherry tomatoes
- 10 g capers
- 2 large organic lemons
- 150 g fava beans, blanched and peeled
- 20 g lovage, parsley and coriander, chopped
- 1 bouquet garni
- Salt and pepper

Preparation:

Immerse the whole octopus in a large cooking pot of salted water with the bouquet garni and cook for approximately one hour and 15 minutes over medium heat.

Check whether the octopus is done using a pick. It should easily pierce the meat.

Drain and rinse in cold water.

Wash, zest and press the organic lemons.

Combine the lemon juice with the zests, salt and pepper in a mixing bowl. Add the olive oil. Stir and add the capers.

Add the cherry tomatoes cut into halves, the fava beans, and the new potatoes, as well as the octopus cut into large pieces.

Finish by sprinkling with the chopped herbs and stir delicately.