

Simple Greek Grilled Octopus - Tender, Charred, and Full of Flavor

Simple Greek Grilled Octopus



TIME
60 min

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INGREDIENTS

2 lbs fresh or frozen octopus, cleaned

1/4 cup olive oil

4 cloves garlic, minced

2 tbsp red wine vinegar

2 tbsp lemon juice

1 tsp dried oregano

Salt and pepper to taste

Fresh parsley, chopped (for garnish)

Lemon wedges (for serving)

Ingredient Swaps & Notes:

Frozen octopus is perfectly fine. In fact, freezing helps tenderize the meat naturally.

No red wine vinegar? Use white wine vinegar or even a splash of balsamic for a twist.

Boost the marinade with a pinch of smoked paprika or chili flakes if you like heat.

Don't skip the lemon wedges-they brighten the dish and add authentic Greek flair.

Step-by-Step Instructions:

Step 1: Prep and Tenderize the Octopus:

If frozen, thaw the octopus completely.

Bring a large pot of salted water to a boil.

Add the whole octopus and boil gently for 45-60 minutes, depending on its size.

Test doneness by piercing the thickest part with a fork-it should slide in easily.

Let it cool slightly, then cut into large pieces, separating tentacles and body.

Step 2: Marinate the Octopus:

Olive oil

Minced garlic

Red wine vinegar

Lemon juice

Dried oregano

Salt and pepper

Step 3: Grill the Octopus:

Preheat your grill to medium-high heat.

Lightly oil the grates to prevent sticking.

Grill the octopus pieces for 3-4 minutes per side, until charred and crispy on the edges.

Step 4: Serve and Garnish:

Place grilled octopus on a platter.

Drizzle with extra olive oil, sprinkle with fresh parsley, and serve with lemon wedges.

DIRECTIONS

1. Step 1: Prep and Tenderize the Octopus: If frozen, thaw the octopus completely.
2. Bring a large pot of salted water to a boil.
3. Add the whole octopus and boil gently for 45-60 minutes, depending on its size.
4. Test doneness by piercing the thickest part with a fork-it should slide in easily.
5. Let it cool slightly, then cut into large pieces, separating tentacles and body.
6. Step 2: Marinate the Octopus: In a bowl, whisk together:
7. Olive oil
8. Minced garlic
9. Red wine vinegar
10. Lemon juice
11. Dried oregano
12. Salt and pepper
13. Toss the octopus pieces in the marinade and refrigerate for at least 30 minutes-longer if possible for deeper flavor.
14. Step 3: Grill the Octopus: Preheat your grill to medium-high heat.
15. Lightly oil the grates to prevent sticking.
16. Grill the octopus pieces for 3-4 minutes per side, until charred and crispy on the edges.
17. Step 4: Serve and Garnish: Place grilled octopus on a platter.
18. Drizzle with extra olive oil, sprinkle with fresh parsley, and serve with lemon wedges.

19. Tips for Success: Don't rush the boil-this is key to tender octopus.
20. Let it marinate long enough to absorb flavor.
21. Get a good char on the grill for smoky, crispy edges.
22. Use tongs to turn gently-over-handling can tear the pieces.
23. Serving Suggestions & Pairings: This dish shines as a starter or light main course. Serve it with:
24. A Greek salad with cucumbers, tomatoes, and feta
25. Roasted vegetables or grilled zucchini

SWAPS & NOTES

In fact, freezing helps tenderize the meat naturally.

Use white wine vinegar or even a splash of balsamic for a twist.

Boost the marinade with a pinch of smoked paprika or chili flakes if you like heat.

Don't skip the lemon wedges -they brighten the dish and add authentic Greek flair.

TIPS FOR SUCCESS

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