

Smoky, Citrusy, and Perfectly Tender-This Grilled Octopus Recipe Brings the Greek Isles to Your Plate

recipe is my go-to when I want to channel that feeling from the comfort of my own backyard.



TIME
15 min

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INGREDIENTS

2 lbs fresh or frozen octopus (thawed if frozen)
4 cloves garlic, minced
1 lemon, sliced
1 tsp dried oregano
2 tbsp lemon juice
... cup olive oil
Salt and pepper, to taste
Fresh parsley, chopped (for garnish)

DIRECTIONS

1. **Prep the Octopus:** If I'm starting with frozen octopus, I thaw it overnight in the fridge. Once thawed (or if using fresh), I rinse it well under cold water and make sure it's cleaned-most store-bought options come pre-cleaned, but check to be safe.
2. **Pro tip:** Don't let the tentacles intimidate you. They grill up beautifully.
3. **Simmer Until Tender:** I place the whole octopus in a large pot, cover it with water, and add a few slices of lemon for brightness. Bring it to a gentle simmer (not a boil) and let it cook for 45 to 60 minutes, depending on the size. The goal is fork-tender but not falling apart.
4. **Once tender,** I remove it from the pot and let it cool slightly before slicing it into manageable pieces-typically the legs and head section.
5. **Marinate for Flavor:** In a bowl, I toss the cooled, sliced octopus with olive oil, minced garlic, lemon juice, dried oregano, salt, and pepper. I let it sit for 10-15 minutes while I heat up the grill. The marinade doesn't just flavor-it helps prevent sticking and promotes caramelization on the grill.
6. **Grill It Hot and Fast:** I preheat my grill (or grill pan) to medium-high heat and place the octopus pieces on the grates. I grill them for 3-4 minutes per side, just enough to get a beautiful char without drying out the tender meat.
7. **You'll see the tentacles** crisp slightly at the edges and the color deepen-it's magic.

8. Finish and Serve: Off the grill, I place the octopus on a serving platter and garnish with fresh parsley and lemon slices. A final drizzle of olive oil never hurts.
9. Serve it hot or room temperature-it's delicious either way.

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