

🍴 PULPO A LA GALLEGA 🍴

Prep Time: 15 min | **Cook Time:** 45 min | **Servings:** 4 | **Difficulty:** Easy | **Diet:** Gluten-Free



Ingredients

- 1 large octopus or 2 small (about 3.3 lb / 1.5 kg)
- 4 medium potatoes (about 1.3 lb / 600 g)
- 1/6 Cup (40 ml) Extra virgin olive oil, to taste
- Sweet paprika (or smoked paprika, such as pimentón de la Vera), to taste
- Coarse sea salt, to taste

How to make step by step

1. Prepare the octopus

- If using fresh octopus, freeze it for at least 24 hours to help tenderize it
- Thaw it slowly in the refrigerator before cooking
- Rinse it under cold running water to remove any residue

2. Bring water to a boil

- Fill a large pot with water and bring it to a boil without adding salt

3. “Scare” the octopus

- Hold the octopus by the head and dip the tentacles into the boiling water
- Lift it out after a few seconds and repeat this step 3 times
- This helps the skin stay intact and improves the final texture

4. Cook the octopus

- Fully submerge the octopus in the boiling water, cover and cook over medium heat
- Allow about 15 minutes per pound (30 minutes per kilogram)
- Check doneness by inserting a fork into the thickest part—it should slide in easily
- Turn off the heat and let the octopus cool in its cooking water

5. Cook the potatoes

- Wash the potatoes thoroughly, leaving the skin on
- Boil them until tender (about 20–25 minutes)
- Drain, let them cool slightly, then peel and cut into thick slices

6. Cut the octopus

- Remove the octopus from the cooking water and cut the tentacles into bite-sized

7. Assemble the dish

- Arrange the potato slices on a serving plate and place the octopus pieces on top

8. Season and serve

- Drizzle with extra virgin olive oil and add a generous amount of paprika (sweet or smoked)
- Sprinkle with coarse sea salt and serve warm or slightly warm

👉 Video recipe: <https://youtu.be/h00gj5WYlCk>