



## OCTOPUS CARPACCIO WITH CITRUS VINAIGRETTE

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Category: Octopus

Published: January 19, 2025

### **Octopus Carpaccio with Citrus Vinaigrette**

Octopus carpaccio is a stunning and refreshing dish that offers a delicate balance of tender, thinly sliced octopus paired with a vibrant citrus vinaigrette.

This elegant appetizer is perfect for any special occasion or to impress guests with a unique, gourmet twist. The octopus is thinly sliced to ensure it melts in your mouth, and the citrus vinaigrette adds a zesty and tangy contrast to the natural sweetness of the seafood. A perfect balance of flavors and textures, this dish will elevate your culinary repertoire!

### **Ingredients:**

For the Octopus Carpaccio:

1 whole octopus (about 2 lbs)

1 tablespoon olive oil

1 teaspoon sea salt

1/2 teaspoon freshly cracked black pepper

1 tablespoon chopped fresh parsley (for garnish)

1 tablespoon toasted sesame seeds (for garnish)

For the Citrus Vinaigrette:

1/4 cup freshly squeezed orange juice

2 tablespoons freshly squeezed lemon juice

1 tablespoon white wine vinegar

1 tablespoon honey

1/4 cup extra virgin olive oil

1/2 teaspoon Dijon mustard

Salt and pepper to taste

Zest of 1 orange (optional)

### **How to Make:**

Prepare the Octopus:

In a large pot, bring enough water to a boil to submerge the octopus. Add a pinch of sea salt and place the octopus in the pot.

Reduce the heat to a simmer and cook for about 45-60 minutes, or until the octopus becomes tender. To check for tenderness, pierce the thickest part of the octopus with a fork—if it goes through easily, the octopus is done.

Once tender, remove the octopus from the water and let it cool for about 10 minutes. Then, separate the tentacles from the body and remove any skin. Use a sharp knife to trim the tentacles into smaller pieces that will be easier to slice thinly.

Slice the Octopus:

Using a very sharp knife, slice the octopus as thinly as possible, aiming for paper-thin slices. Lay the slices flat on a large plate or platter, slightly overlapping to create a fan-like arrangement. You may also use plastic wrap to gently press down on the slices to ensure they stay in place.

Prepare the Citrus Vinaigrette:

In a small bowl or jar, combine the orange juice, lemon juice, white wine vinegar, honey, Dijon mustard, and extra virgin olive oil. Whisk the ingredients together until well combined. Season with salt and pepper to taste.

If desired, add the zest of an orange to the vinaigrette for an extra citrusy aroma and flavor.

Assemble the Carpaccio:

Once the octopus is neatly arranged on the platter, drizzle the citrus vinaigrette generously over the slices. Be sure that the vinaigrette covers each slice of octopus, allowing the citrus flavors to marinate with the seafood.

Garnish and Serve:

Sprinkle the dish with freshly chopped parsley and toasted sesame seeds for added texture and visual appeal.

Serve immediately as an appetizer or alongside a light salad or bread.

Chef's Note:

For an even more delicate flavor, consider marinating the octopus in the citrus vinaigrette for about 10-15 minutes before serving. This allows the vinaigrette to infuse the octopus slices with extra flavor. Additionally, if you are unable to find a whole octopus, you can use pre-cooked octopus tentacles, which will save time in preparation.

**Nutritional Information (per serving, 4 servings total):**

Calories: 150

Protein: 18g

Carbohydrates: 10g

Fat: 7g

Fiber: 2g

Sugar: 8g

Sodium: 400mg

This Octopus Carpaccio with Citrus Vinaigrette is an elegant dish that is light, refreshing, and full of vibrant flavors, making it an ideal choice for seafood lovers and anyone looking to add a touch of sophistication to their meal.