Pomì
O Così. O Pomì.

Octopus in Tomato Sauce

Preparation time: 40 min
Difficulty: Medium

Ingredients

- Black pepper to taste: to taste
- Extra-virgin olive oil: to taste
- Fresh octopus: 1 kg
- Garlic: 2 cloves
- Onion: 1
- Parsley: to taste

Preparation

Clean the octopus by rinsing it under running water and using a knife remove the eyes and the central portion of the body, near the tentacles. In a pan, add the oil, the thinly sliced onion, the whole garlic cloves without peel, a bunch of parsley, **Pomì L+** and the octopus. Turn on the flame at very low heat, cover with a lid and cook slowly, turning the octopus occasionally to cook it evenly on all sides. Do not add salt because the octopus is already tasty on its own.

Cooking times are indicative, as they depend on the size of the octopus. In any case, to check if it is cooked, stick a fork in the most meaty part: if the fork can penetrate easily, the octopus is ready, otherwise let it cook a little longer.
Add a hint of black pepper and, if necessary, a pinch of salt.

For this recipe we used:

Strained Tomatoes 300 gr