

# Sunvil Supper Club

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June 2016 - Octopus à lagareiro (Octopus with potatoes)



## Ingredients (serves 4)

1 octopus  
1 small onion  
1.2 kg potatoes  
6 cloves of garlic  
1 sprig of parsley  
1 bay leaf  
250 ml olive oil

Salt (to taste)  
Coriander (to taste)

## Method

Place the octopus into a pressure cooker with water, seasoned with a sprig of parsley and an unpeeled onion. Leave to cook for approximately 35 minutes. When the octopus is cooked, remove and set aside.

Preheat the oven to 180°C / Gas mark 4

Wash the unpeeled potatoes and place in a pan with water, seasoned with a little salt and cook. Once they are cooked, set aside on a plate.

Place the octopus and the potatoes in an ovenproof dish. Season with the chopped garlic and the bay leaf.

Drizzle with olive oil and place in the oven, cooking for 30 to 35 minutes. Once in a while baste with the cooking juices.

Garnish with chopped coriander and serve.

Lagareiro is a style of cooking fish which has many variants but typically ends in dressing the fish generously with extra virgin olive oil (lagareiro is the owner of an olive oil press) after grilling or roasting.

There is a common belief that the best octopus comes from Portugal and is a much loved staple of Portuguese cuisine.

**Find out more about our holidays to Portugal at: [www.sunvil.co.uk/discovery/portugal](http://www.sunvil.co.uk/discovery/portugal)**