

# Octopus Grillé

Aubergine, Crispy Sunchoke, Arugula, Sauce Vierge, Lime

SERVES 4

## INGREDIENTS

### OCTOPUS

- 2 EA. 4 LB. WHOLE WILD CAUGHT OCTOPUS
- 1 EA. 750 ML DRY RED WINE SUCH AS BURGUNDY
- 1 EA. YELLOW ONION, SLICED
- 1 EA. CARROT, PEELED AND SLICED
- 1 EA. CELERY, PEELED AND SLICED
- 1 EA. GARLIC BULB CUT IN HALF
- 1 EA. BAY LEAF
- 2 EA. SPRIGS TARRAGON
  - 1 LEMON JUICED
  - WATER AS NEEDED TO COVER
  - SALT TO TASTE
- 2 TSP WHOLE BLACK PEPPER GROUND
- 1 TBSP ESPELETTE PEPPER

### AUBERGINE

- 2 LARGE EGGPLANT, CUT IN HALF
- 1.5 TBSP KOSHER SALT, SEPARATED
  - 1 TSP FRESH GROUND BLACK PEPPER
- ½ CUP EXTRA VIRGIN OLIVE OIL
  - 1 LIME JUICED

### SAUCE VIERGE

- 4 EA. PLUM TOMATOES, SMALL DICED
- 1 EA. SHALLOT, MINCED
- 1 TBSP CAPERS, CHOPPED
- 1 TBSP NIÇOISE OLIVES, CHOPPED
- 1 BUNCH FLAT LEAF PARSLEY, CHOPPED
- 2 TBSP TOASTED AND GROUND CORIANDER SEED
  - 1 EA. LEMON ZESTED AND JUICED
- ½ CUP EXTRA VIRGIN OLIVE OIL
  - FRESH GROUND BLACK PEPPER TO TASTE

### SUNCHOKES

- 2 LBS. SUNCHOKES WASHED THOROUGHLY
- 1 GALLON VEGETABLE OIL FOR FRYING
  - KOSHER SALT AS NEEDED
- 8 OZ WILD ARUGULA

## DIRECTIONS

1. For the Octopus, prep a day ahead of service. In large Dutch oven over medium heat add 1 tablespoon olive oil, add all vegetables and sweat until soft. Add aromatic herbs, bay leaf and tarragon. Add red wine, lemon juice, salt and pepper then bring to simmer. Clean octopus under running water then add to simmering pot. Add water as needed to cover, place lid on the Dutch oven and simmer for 1 hour or until tender. Remove from heat and cool, place in refrigerator overnight. The next day remove from braising liquid and clean all purple skin off octopus with a paper towel. With a knife remove the head and discard, Cut each tentacle into individual legs. Pre-heat gas grill or charcoal grill to high heat. Brush octopus tentacles with olive oil and season to taste with salt and black pepper. Grill tentacles 2-3 minutes on each side and keep warm to plate.
2. For the Aubergine, preheat oven to 350° F. Cut eggplant in half and score the flesh lengthwise all the way through, being careful not to cut the skin. Repeat the cut crossways to make square cuts in the eggplant. Season with the 1 tablespoon kosher salt. Let sit for 30 minutes, then rinse the excess salt off and pat dry with a paper towel. Drizzle with olive oil and season with black pepper and teaspoon of salt. Place on a sheet pan and roast in oven until caramelized, about 30 minutes. Remove and cool. When cooled, scrape eggplant from skin with a spoon and roughly chop. Place chopped eggplant in a bowl and toss with fresh lime juice. Keep room temp for plating.
3. For the Sauce Vierge, mix all prepared ingredients together and set aside until ready to plate.
4. For the Sunchoke, in a large Dutch oven over medium high heat bring oil to 350° F. Slice cleaned sunchoke with mandolin to 1/8-inch thickness. Add sliced sunchoke to hot oil and fry until golden and crispy. With a mesh strainer remove chips and place on paper towel to drain excess oil and cool. Season with kosher salt.
5. To Plate, divide the eggplant onto four plates. Spread out in the center of the plate and top with grilled octopus. Top octopus with wild arugula and ¼ cup of the sauce vierge. Garnish with Crispy Sunchoke Chips and serve.

## WINE CLUB PAIRING YOU CAN ALSO PAIR WITH

2019 DOMAINE GERARD  
FIOU, TERROIR SILEX,  
2019 SANCERRE A.O.C.

- BANDOL ROSE
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