

Sunvil Supper Club

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August 2015 - **Xtapodi Kofto (Octopus Pasta)**



Ingredients (Servings: 4-6)

- 1kg Octopus
- 500g macaroni
- 3-4 onions
- 2-3 cloves of garlic
- 1 leek
- 1 glass of white wine
- 2/3 cup of olive oil
- 400g chopped fresh/tinned tomatoes
- 40g sun-dried tomatoes
- 2-3 bay leaves
- 1tbsp parsley
- 3-4 tsp ground all spice
- Small red chilli pepper
- Salt and pepper to season

Method

Wash and thoroughly clean the octopus.

It is important to tenderise the octopus before cooking. This can be done using a kitchen mallet to 'bash' the octopus for around 10 minutes. Alternatively, you can freeze it for 6-8 days before cooking.

Place it in a saucepan and add the wine.

Simmer until the octopus is soft, then remove it from the pan and cut into small pieces (keep the broth).

In a saucepan, heat a little oil and sauté the onion, garlic and leek until soft.

Add the octopus and a glass of the broth.

Add the tomatoes and all the other ingredients and let the mix simmer over a medium heat for 10 minutes.

Add the macaroni and the sun-dried tomatoes and simmer for another five minutes.

Preparation time: approximately 1 hour.

Traditionally, this is a dish that is served during Greek lent and often consumed on the first day of lent known as Kathara Deftera (Clean Monday).

Although this dish may seem strange to some, many Greeks consider it as a comfort food. It's combination of lean protein, starch and tomato, makes this dish a very nutritiously valuable meal.

With many of the Greek Islands steeped in a rich fishing history, octopus has been established as a much loved part of the Greek diet for many years now.

Find out more about holidays to Greece - www.sunvil.co.uk/greece