

Stewed octopus with potatoes and tomatoes

Difficulty: easy

Time: 1 h



This is a traditional dish from Elba, stewed octopus with potatoes and tomatoes.

Why is this a traditional Elban dish? Because once on Elba, there was the “Polparo”; who was this person? The “polparo” was a person who had a wooden table with a hole in the middle into which a pot was set with a fire underneath. This pot was filled with water and chilli pepper and salt added; once the water was boiling, the octopus was immersed three times to make sure that the tentacles curled up. The octopus was then cooked for about 20 minutes and then left to rest for 10-15 minutes in the cooking water to make it soft, crunchy and flavoursome. The octopus was then removed with a fork, the tentacles cut off and offered to passers-by who were interested in tasting this typical Elban delicacy.

The recipe of today involves the same cooking method but a different presentation. When cooked, we remove it from the cooking water, cut it into slices and garnish it with baby tomatoes, garlic, potatoes and fresh basil and parsley. As a final touch, extra-virgin olive oil adds flavour and freshness to the dish.