



## INGREDIENTS

3 TBSP of olive oil  
2 sliced Spanish onions  
3 cups of cherry tomatoes  
3 Large tomatoes  
1 Rustic ciabatta bread  
¼ cup of red wine vinegar  
2 garlic cloves  
Salt & pepper for seasoning  
¼ cup of extra virgin olive oil  
1 cup of small bocconcini cheese  
¼ cup of Calabrese olives  
1 TSP of capers  
1 to ½ Lb. Octopus  
1 TBSP of olive oil  
¼ cup of fresh lemon juice  
2 TSP of kosher salt  
A bunch of fresh Basil leaves



## PANZANELLA SALAD WITH GRILLED OCTOPUS

By Caterina Romano's kitchen

## DIRECTIONS

1. Dredge the sliced onions with 3 TBSP of olive oil. Mix well and set aside.
2. Cut the cherry tomatoes in halves and the tomatoes in small chunks. Place in a large glass bowl and gently squeeze the tomatoes to release some of their juice. Set the juice aside.
3. Cut the ciabatta bread in slices. Cut each slice into 1" cubes.
4. Place the bread in a serving wood salad dish and sprinkle the bread with the red wine vinegar. Mix well.
5. Add the tomatoes to the bread cubes. Give them a gentle mix. Add the bocconcini cheese, olives and capers.
6. To prepare the vinaigrette, add 2 crushed garlic cloves to the tomato juice. Season with Salt & pepper, add the olive oil and mix well.
7. Place the octopus in a large pot filled with salted water. Bring to a boil and cook for 30 minutes. Cut the octopus into manageable chunks.
8. Heat a grill over medium-high heat and sprinkle it with the olive oil. Grill the octopus for 2-3 minutes on each side until crispy and a little charred. Season to taste. Sprinkle with lemon juice and grill for another 30 seconds. Cut the octopus into small bite sizes.
9. To assemble the panzanella salad, add the Spanish onion, top the salad with the vinaigrette, add the salt and basil leaves. Mix well.
10. Finish by placing the grilled octopus on top of the panzanella salad.

**ENJOY THE PANZANELLA SALAD WITH  
GRILLED OCTOPUS**