



INGREDIENTS

3 TBSP of olive oil
 2 sliced garlic cloves
 1 TSP of chili powder
 ½ Kg. of small octopus (small squid)
 ¾ cup of white wine
 1 ½ TBSP of tomato paste
 2 TBSP of capers
 1 cup of seedless olives of choice
 1 ½ cups of small halved potatoes
 2 cups of fish stock
 ¼ cup of chopped fresh parsley



OCTOPUS STEW

By Caterina Romano's kitchen

DIRECTIONS

1. Heat the olive oil in a Dutch oven over medium-high heat.
2. Add the garlic and chili & sauté for a few minutes.
3. Cut the octopus into small strips and add to the pot and sauté for a few minutes.
4. Add the wine and cook until it reduces by half.
5. Add the tomato paste, capers, olive and potatoes.
6. Add the stock and bring to a boil.
7. Lower the stove to a gentle simmer, cover and simmer for 1- 1.5 hours.
8. Add the parsley and mix.
9. Serve while hot with toasted bread.