# Twice-Cooked Octopus on Yoghurt Naan

*Sear tender octopus, then spoon the port glaze over it just before serving.*



**SERVES 2 AS A LIGHT MEAL / HOB AND HEAVY FRYING PAN**

Prep 25 min · Cook 50–90 min

## Ingredients

400 g cleaned, raw octopus tentacles, thawed in the fridge if frozen

160 g plain flour, plus extra for rolling, 1 tsp baking powder, 1 tsp caster sugar and ¼ tsp fine salt

60 g plain yoghurt, 1 egg (about 50 g without shell) and 1 tsp olive oil for the naan

½ small red onion (about 40 g), finely sliced, and 20 ml balsamic vinegar

60 g bocconcini, drained, and 60 ml port (Australian tawny)

1 tsp olive oil for searing, 20 g mixed baby salad leaves and 6 torn basil leaves

6 cherry tomatoes, halved, salt and black pepper

## In the kitchen

**1. Simmer**
Cook the tentacles gently until a knife slips into the thickest part.

**2. Roll**
Knead and rest the yoghurt dough, then roll and pan-cook two naan.

**3. Sear**
Dry and brown the octopus. Reduce the port and vinegar in the pan.

**4. Serve**
Layer the greens, cheese, tomatoes and octopus on the naan. Spoon over the glaze.

**KOOK'S SECRET**

Pat the cooked tentacles dry before searing. A dry surface browns before the centre has time to toughen.

# Twice-Cooked Octopus on Yoghurt Naan

*The full method*

**01** **Simmer the octopus**
Put the tentacles in a saucepan with water just to cover. Bring to a gentle simmer, cover and cook for 40–75 minutes, checking from 35 minutes. A small knife should slide into the thickest part with little resistance. Give thick pieces more time as needed.

**02** **Make the dough**
Mix the flour, baking powder, sugar and salt. Beat the yoghurt, egg and 1 tsp oil together and add to the flour. Knead on a lightly floured bench for 3–5 minutes until smooth. Cover and rest for 20 minutes.

**03** **Dress the toppings**
Toss the onion and basil with the vinegar. In another bowl turn the bocconcini in the port. Refrigerate both while the octopus cooks. Lift out the onion, basil and cheese, keeping both liquids for the glaze. Slice the cheese.

**04** **Cook the naan**
Divide the dough in two. Roll each piece into a rough triangle, about 3–4 mm thick. Cook in a hot dry heavy pan for 2–3 minutes per side until blistered and cooked through. Wrap in a clean tea towel.

**05** **Sear and glaze**
Drain and pat the octopus dry. Cut into 4–5 cm lengths. Heat the searing oil in the hot pan and brown the pieces for 1–2 minutes per side. Lift out. Take the pan off the heat to add the reserved port and vinegar, then boil for 2–3 minutes until glossy.

**06** **Build and serve**
Top each naan with salad leaves, onion, basil, tomatoes and sliced bocconcini. Add the seared octopus, season and spoon the warm glaze over it. Serve straight away.

**FROM MARK'S KITCHEN**

Lift the octopus out before reducing the glaze. The pan can do the last bit of work on its own.