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UNIT 11 / Portugal

Beans with Octopus

Ingredients

(4 servings)

- 1 octopus (about 2kg)
- 1/2 Portuguese chouriço
- 500g cooked haricot/ white beans
- 1 tomato
- 1 onion
- 2 cloves of garlic
- 300ml red wine
- 3 tablespoons of olive oil
- 10 black peppercorns
- 1 bay leaf
- Coriander as needed
- Salt and pepper as needed

Directions

- **Step 1 -** Put the octopus in a pot, add the bay leaf, peppercorns, red wine, and water until it covers the octopus. Put the pot in low heat and leave it to simmer for 50 minutes.
- **Step 2 -** Meanwhile, take another pot and put the olive oil, chopped onions and garlic, and leave them to cook in low heat. Cut the tomatoes in cubes without seeds, and add them in the pot and leave it to cook. Add the chouriço cut in round slices, add the pepper, and leave it to stew until they are brown.
- **Step 3 -** Take the octopus from the pot and put it aside. Put the boiled water into the stew pot and leave it to boil. Check the condiments and add if necessary. Add the cooked beans and the octopus cut in pieces in the pot. Leave it to cook 5 more minutes, and serve it with chopped coriander.

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