GREEK · LUNCH · DINNER · SIDE

Chtapodi Krasato (Greek Octopus in Red Wine and Vinegar)

Χταπόδι κρασάτο

90 min · Serves 5 · 406 kcal a serve · Video 8:07 in Greek · mageirikes apolauseis

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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30 g protein and 10 g net carbs a serve from octopus slow-simmered with onions, wine and olive oil, with many times a day's vitamin B12 and more than a day's selenium.

Diet notes: Low carb (9.9 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3.5 g, 8% of the energy).

Ingredients

10 · SERVES 5

- [ ] 1 kg **octopus**, cleaned
- [ ] **Vinegar**: 30 g + 20 g red wine vinegar
- [ ] 3 **bay leaves**
- [ ] 1 large **onion**, finely chopped
- [ ] 1 large **onion**, left whole
- [ ] a little **salt** (go easy: octopus is salty)
- [ ] **black pepper**
- [ ] **olive oil**, 1 wine glass (about 120 ml, 120 ml), plus a splash at the start
- [ ] **red wine**, 1 wine glass (about 120 ml, 120 ml)
- [ ] 1 tsp **dried thyme or oregano**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Molluscs, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Clean the octopus: cut out the beak and eyes and rinse the head well inside and out. 0:48
2. Put the octopus in a pot with 30 g vinegar, 3 bay leaves, the chopped onion, the whole onion, a little salt, pepper and a splash of olive oil. Pour in boiling water just to cover. 1:32
3. Cover and simmer over low heat for about 1 hour. 2:39
4. Lift the octopus onto a plate, cut it into serving pieces and return them to the pot. 2:56
5. Keep simmering until a fork goes easily into the thickest part of a tentacle. 4:30
6. Add the remaining 20 g vinegar, the glass of red wine, the glass of olive oil, 1 tsp thyme or oregano and some pepper. Stir and simmer about 5 minutes until the sauce turns glossy. 4:43
7. Rest 5 minutes and serve warm with its sauce, or store the pieces in jars covered with the cooking juices in the fridge. 6:05

> **Tip** Serves 5 as a meze, per the cook's written recipe. It keeps for days in the fridge in a jar covered with its juices. Frozen octopus thawed overnight turns out more tender. Serve with a green salad or boiled greens (horta).

The method is a summary in our words, in English — the video (in Greek) shows every step.

One serve gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
406 kcal	31 g	11 g	1.3 g	24 g	850 mg
1,700 kJ	61% of a day	9.9 g net · 2.7 g sugars	5% of a day	3.5 g saturated	37% of a day
		4% of a day		31% of a day	

Energy from net carbs 10% · protein 33% · fat 57% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1500% · Selenium 164% · Iron 56% · Vitamin B6 44% · Omega-3 34% · Zinc 32% · Vitamin E 30%

Source of (10–19%) Magnesium 17% · Potassium 16% · Vitamin C 14% · Vitamin K 14% · Calcium 10% · Vitamin A 10%

Recipe and video: mageirikes apolauseis (@georgezolis) on YouTube — youtube.com/watch?v=UsWAGZ9sUCk, published 5 April 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chtapodi-krasato-octopus