

A culinary odyssey

From ocean to table

By LUIS SANCHEZ

Discussions about the ethics of eating octopus have recently emerged, inspired by the documentary "My Octopus Teacher," which highlights the intelligence and beauty of these remarkable creatures.

At Amaru Gourmet, we acknowledge and respect the diverse perspectives on this matter, understanding that such decisions are personal and often reflect cultural traditions and individual values.

Before the documentary, octopus was widely enjoyed without controversy, much like other animals involved in the food chain, underscoring its rich role in culinary traditions worldwide. We honor everyone's right to choose what aligns with their beliefs and invite those interested to explore the culinary beauty of octopus by reading this article about its health benefits.

At Amaru Gourmet, we are excited to showcase octopus as a star ingredient on our menu, celebrated for its deliciously tender texture and distinct flavor. With its versatility and packed nutritional benefits, octopus is a true ocean treasure that deserves a prestigious place on your dining table.

Mastering the art of cooking octopus is a unique culinary journey, requiring attention to detail and skillful execution. This sophisticated seafood calls for a dedicated technique — one that ensures perfection without compromise.

We invite you to explore the many health benefits of octopus and to let us inspire you to design dishes with creativity and elegance. Throughout this article, you'll uncover the wealth of nutrients in octopus and discover how to craft it into a gourmet masterpiece — a seamless blend of vibrant tones and refined tastes.

When sourced responsibly, octopus can play a significant role in a sustainable diet. Supporting sustainable fishing practices is crucial for protecting our oceans and maintaining the delicate balance of marine ecosystems. For instance, some fisheries employ methods that minimize bycatch and ensure that octopus populations remain healthy and stable.

By choosing octopus from these sustainable sources, you contribute to a growing movement toward environmentally conscious eating habits. This mindful choice allows you to enjoy the rich flavors of octopus while actively participating in the stewardship of our oceans.

PACKED WITH NUTRIENTS AND VITAL BENEFITS

Octopus isn't just a flavorful addition to your meal; it's a remarkable source of nutrition. Packed with high-quality protein, octopus is perfect for those looking to support muscle maintenance and growth. With approximately 25 grams of protein per 100 grams, it stands out as a lean protein choice, particularly beneficial after a rigorous workout.

Imagine just finishing a hard workout at the gym, and your body is asking for some fuel. You choose one of Amaru Gourmet's recipes and prepare a dish using octopus. With each bite full of rich flavor, you begin to enjoy the essential vitamins and minerals your body needs. Unlike heavier protein options that can feel too filling, octopus provides a light yet satisfying meal, allowing you to indulge in a guilt-free dining experience that aligns with your fitness goals.

SUPPORTING CARDIOVASCULAR WELLNESS

Octopus is a fantastic source of omega-3 fatty acids, which are well-known for their heart health benefits. These healthy fats help reduce inflammation and improve cholesterol levels, contributing to overall cardiovascular wellness.



PHOTO PROVIDED BY STEWART CAIRNS

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Now, picture this: a romantic dinner setting with a beautifully set white-clothed table, softly lit by candles, and a glass of crisp white wine reflecting the light. Earlier, you wandered through the market to select the freshest octopus, and now, in the comfort of your kitchen, you've prepared a stunning dish served on a bed of vibrant avocado salad.

Rich in omega-3 fatty acids and naturally low in fat, octopus is the perfect choice for anyone looking to enhance a heart-healthy diet. These beneficial fats not only help lower blood pressure but also offer a delicious and elegant way to show your heart some love.

Indulge in the delightful flavors of octopus — it's more than just a meal; it's a celebration of health and elegance.

ELEVATING MOOD AND COGNITIVE CLARITY

Imagine hosting a dinner party where your culinary creativity and charm impress your friends. The secret ingredient? Not just a pinch of love, but octopus, rich in omega-3 fatty acids.

As conversation flows and laughter fills the air, this delectable seafood enhances cognitive abilities and promotes overall brain vitality. By frequently including octopus in your meals, you can enjoy sharper memory and improved focus, making it an ideal choice for boosting mental performance.

Furthermore, savoring octopus can elevate your mood. These beneficial omega-3s are known to ease anxiety and cultivate a sense of well-being. Sharing this flavorful feast becomes a moment of connection, offering nourishment that enriches both body and soul.

IMMUNE SUPPORT

As chilly winter nights approach, imagine gathering with friends over a comforting dinner featuring octopus. Packed with selenium, zinc and antioxidants, octopus not only delights your palate but also strengthens your immune system. Selenium acts as a powerful antioxidant,

guarding your cells against damage caused by free radicals, while zinc is crucial for immune cell function.

You can feel confident knowing this dish is not just delicious, but also beneficial for your health, fortifying your body against seasonal illnesses.

Sharing this nutrient-rich dish becomes a treasured tradition, reminding you that enjoying meals with loved ones can be a way to prioritize your well-being.

AIDS IN WEIGHT MANAGEMENT

For those looking to maintain a healthy weight, octopus can be a delightful addition to your culinary collection.

With its low calorie count and satisfying nature, octopus allows you to enjoy a flavorful meal without excessive calorie intake. Imagine savoring a beautifully prepared octopus dish that fills you up while keeping the calorie count low, allowing you to indulge guilt-free.

CONCLUSION

Incorporating octopus into your meal repertoire isn't just about gastronomy; it's about embracing a world of flavors and incredible health benefits. From offering essential nutrients that support heart and brain health to boosting immunity and promoting muscle development, octopus is truly a jewel of the ocean.

At Amaru Gourmet, we celebrate octopus in our dishes, crafted with thoughtful precision and infused with passion. Whether you're enjoying our chef's favorite preparation — grilled with vegetables and a generous pinch of

love — or are inspired to try your own variations, octopus promises a culinary journey that delights the senses and nurtures the body. We invite you to explore this exquisite ocean offering in all its glory.

Our grilled octopus with vegetables, Amaru style, is a vibrant dish that brings the flavors of the ocean to your plate! This recipe features tender, perfectly grilled octopus paired with fresh asparagus and juicy cherry tomatoes, all brightened by a squeeze of zesty lime.

To elevate the dish even further, we've added plump green olives and a fresh avocado salad for a delightful burst of flavor. It's a culinary adventure that combines the rich taste of octopus with colorful, nutritious ingredients, making it a must-try for seafood lovers and culinary enthusiasts alike.

Grilled octopus with vegetables

INGREDIENTS

- 1 pound fresh octopus, cleaned
- 1 bunch of asparagus
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- Juice of 1 lime
- 1/2 cup green olives
- Half lemon
- Salt and pepper to taste
- Fresh parsley or cilantro (for garnish, optional)
- Optional: Fresh avocado salad for serving

DIRECTIONS

Prepare the octopus: If using frozen octopus, thaw it in the refrigerator overnight. Bring a large pot of salted water to a boil, then add the octopus

along with a few used wine corks. Boil for about 30 to 40 minutes or until tender. The corks help maintain the tenderness of the octopus by releasing tannins into the cooking water, which can enhance texture and flavor. After boiling, drain and let cool.

Marinate the octopus: Once cooled, cut the octopus into manageable pieces. In a bowl, combine olive oil, lime juice, salt and pepper. Add the octopus pieces to the marinade, making sure they are well coated. Let them marinate for at least 30 minutes.

Prepare the vegetables: While the octopus is marinating, preheat your grill or grill pan over medium heat. Drizzle the asparagus and cherry tomatoes with olive oil and season with salt and pepper.

Grill the octopus and vegetables: Grill the marinated octopus for about three to four minutes per side until you see nice grill marks and it is heated through. At the same time, grill the asparagus for about five to seven minutes, turning occasionally, until tender but still crisp. Grill the cherry tomatoes and the half lemon for about two to three minutes, just until they soften slightly.

Combine and serve: On a serving platter, arrange the grilled octopus alongside the asparagus and cherry tomatoes. Scatter the green olives over the top and drizzle with additional lime juice if desired. Garnish with fresh parsley or cilantro for an added touch.

Optional: Consider serving this dish with a fresh avocado salad to complement the grilled flavors.

Enjoy: Serve immediately and indulge in the vibrant flavors of this dish. Feel free to garnish with additional lime wedges or fresh herbs for an extra touch. Enjoy your culinary creation!

Luis Sanchez is the owner of Amaru Gourmet in Brattleboro.