

# Serafina

**MODERN  
ITALIAN  
CUISINE FOR  
EVERYDAY  
HOME COOKING**

**VITTORIO ASSAF & FABIO GRANATO**

TEXT BY LAVINIA BRANCA SNYDER

PHOTOGRAPHY BY MARK ROSKAMS

**RIZZOLI**  
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## OCTOPUS & POTATO SALAD

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This simple yet classic octopus and potato dish is a distillation of the fundamentals of Mediterranean cuisine: fresh flavor, seafood, and a very light dressing. Regional variations include the addition of Taggiasca olives and pine nuts in Liguria, while in the South the dish is sometimes seasoned with hot chili peppers or capers.

SERVES 4

**1½ pounds octopus,  
cleaned and tenderized**

**2 medium potatoes**

**Salt to taste**

**Leaves of 1 sprig flat-leaf parsley,  
minced**

**Extra-virgin olive oil for drizzling**

**Paprika to taste, optional**

**1 lemon, cut into wedges**

Tenderize the octopus either by beating it firmly with a rolling pin or a meat mallet, working down the entire body and all of the tentacles, or simply slamming it against a table ten times.

Fill a pot large enough to hold the octopus with a generous amount of water (unsalted) and bring to a boil. Plunge the octopus into the boiling water and then quickly remove it. Repeat a second time, then drop the octopus into the boiling water and cook until a fork inserted where the head meets the tentacles enters easily, about 30 minutes.

Drain the octopus and use kitchen shears to cut it into pieces.

Place the potatoes in a pot of cold salted water and bring to a boil. Cook the potatoes until they are tender enough to pierce with a paring knife, then drain, peel, and dice them. Set the potatoes aside.

In a bowl, mix the octopus with the potatoes. Sprinkle on the parsley. Drizzle with olive oil and season with paprika, if using, then toss to combine. Serve with lemon wedges.