



SPAIN

APPETIZER

PRINTABLE RECIPE PDF

Spanish Pulpo a la Gallega

Pulpo a la Gallega, or Galician-style octopus, is a traditional dish from the northwest region of Spain. It reflects Galicia's strong maritime culture, where

PREP

20 min

COOK

60 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 1 kg octopus - preferably live or fresh
- 2 liters water - for boiling
- 1 tsp sea salt - for seasoning the water
- 2 tsp smoked paprika - preferably Pimentón de la Vera
- 100 ml extra virgin olive oil - for drizzling at the end
- 1 small lemon - cut into wedges for serving
- to taste fresh parsley - chopped, for garnish

WHY THIS WORKS

About this recipe

A printable Spanish Pulpo a la Gallega recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pulpo a la Gallega, or Galician-style octopus, is a traditional dish from the northwest region of Spain. It reflects Galicia's strong maritime culture, where seafood is a dietary staple. The dish is often served at festivals and

ORIGIN & TRADITION

Mediterranean context

Pulpo a la Gallega, or Galician-style octopus, is a traditional dish from the northwest region of Spain. It reflects Galicia's strong maritime culture, where seafood is a dietary staple. The dish is often served at festivals and celebrations, showcasing the simplicity and freshness of local ingredients.

METHOD

Step-by-step instructions

1

In a large pot, bring the water to a rolling boil and add sea salt. Once boiling, submerge the octopus three times to curl the tentacles before fully immersing it in the pot. This technique helps create a tender texture.

2

Reduce the heat to a simmer and cook the octopus for about 45 minutes to 1 hour, until fork-tender. Remove the octopus and let it cool slightly before cutting it into bite-sized pieces.

3

Arrange the octopus on a serving platter. Drizzle generously with extra virgin olive oil, sprinkle with smoked paprika, and garnish with chopped parsley. Serve with lemon wedges on the side.

CHEF'S TIP

For perfect tenderness, ensure you do not overcook the octopus. Start checking for doneness at the 45-minute mark.

NUTRITION PER SERVING (EST.)

Calories	250 kcal	Fat	14 g
Protein	30 g	Fiber	0 g
Carbohydrates	0 g	Sodium	500 mg

SERVING SUGGESTION

Serve the Pulpo a la Gallega at room temperature with crusty bread and a glass of Albariño wine for an authentic experience.

PRINTABLE MEDITERRANEAN RECIPE PDF

MedTableAI.com