

living on the coast recipe cards- bbq octopus with sweet chilli and macadamia sauce



250g baby octopus (fresh or frozen)
75g macadamia nuts (crushed and whole unsalted)
150 ml of trident sweet chilli sauce
Tbsp of butter
30 ml sweet white wine (moselle)
200 ml olive oil

method

Heat grill plate or bbq on full... place octopus on the plate and 1/2 amount of oil and cook, continually turning and basting with oil. once the octopus has shrunk & curled up, remove from hot plate and let cool. when at room temperature place in sealed container and refrigerate for 12 to 24 hours.

once refrigerated, repeat the first cooking process..... until you can cut the octopus with a spatula without there being any resistance, this means they are ready.

for the sauce.... place butter and macadamia nuts in a heated pot and cook until nuts start to colour, add the sweet chilli and wine, heat for a further 2 minutes. once mixture starts to simmer add octopus and stir through sauce, serve with freshly squeezed orange and lemon.



throughout series one and two we have been travelling to locations on the coast cooking up some great dishes. Adam has been showing you some of his favourites from the trevi fountains award winning menu

Our cooking segment is proudly sponsored by the trevi fountain restaurant you can visit www.trevifountain.com.au or ph Adam 02 44230285 in business hours if you require any advice or to make a booking for dinner the next time you are in the shoalhaven