Stir-Fried Octopus Recipe

Ingredients:

1 octopus, about 400 g, well rinsed
170 g plain (all-purpose) flour
2 tablespoons hot chili paste
3 tablespoons chili powder
1 tablespoon crushed garlic
1 tablespoon light soy sauce
1 1/2 tablespoons sugar
1 teaspoon ginger juice
1 tablespoon ground white pepper
3 tablespoons cooking oil
1 tablespoon chopped garlic
60 g onion, peeled and cut into 5-cm thick slices
40 g carrot
60 g courgette (zucchini)
1/2 sliced red chili
1/2 sliced green chili
1 tablespoon sesame oil
Sliced leek
1 teaspoon roasted white sesame seeds

Method:

Coat octopus with flour to clean. Rinse well then cut into 5-cm lengths. Combine hot chili paste, chili powder, crushed garlic, light soy sauce, sugar, ginger juice and pepper. Mix in octopus. Set aside. Heat oil and stir-fry chopped garlic and onion until fragrant. Add carrot, courgette and octopus and quickly stir-fry over high heat. Do not overcook or octopus will be tough. Stir in red and green chili slices and sesame oil then remove from heat. Garnish with leek and sesame seeds before serving with noodles or rice.

[asian_free_recipes_download][/asian_free_recipes_download]