



# SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tony Mandarano has found easy to make and delicious.

We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it

is good to tempt fate at times and to prove victorious. This is one of Tony's favourite recipes.

## OCTOPUS A-LA-MARIA (Serves 6)

### Ingredients:

- 1½kg octopus (medium size)
- 3 cups red wine
- 2 large onions
- 4 cloves garlic
- 1tblsp olive oil
- 200g tomato paste
- 1tblsp sugar
- 2 x 800g tomato puree
- Mixed herbs (to taste)
- 10 bay leaves (whole)
- 150g pitted black olives (cut or sliced)
- 2 cups frozen peas
- 4 small potatoes
- Salt and pepper to taste
- (Optional) small handful of sultanas

### Method:

1. Place octopus and wine in a pot, simmer for 15 minutes
2. Drain, but keep the juice, allow to cool
3. Peel onions and garlic and chop fine, brown in a hot pan with olive oil
4. Add tomato paste with sugar, stir well and allow to blend
5. Add tomato puree and the octopus juice.
6. Cut octopus into bite size pieces, add to pot and allow to simmer until tender (the longer the better, try 2½ hours)
7. When ready, add the rest of the ingredients (to taste) and simmer for another ½ hour
8. Remove the bay leaves and serve with pasta of choice (eg. spaghetti) al dente, spread octopus sauce (maybe with parmesan cheese on top)

**Buon Appetito!**

**If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.**



**I love  
cooking  
with wine!**