

Octopus 'Frites'

Matt Storch

Octopus - Spanish Large	1 each
Red Wine - Cabernet	1 bottle
Celery	3 ribs
Carrot	2 each
Onion	2 each
Bay Leaf	2 each
Black Peppercorns	1 Tablespoon
Red Bliss Potatoes	8 Each
Canola Oil	4 Cups
Salt	To Taste
Pepper	To Taste
Butter	2 Tablespoons
Lemon	1 each
Lime	1 each
Orange	1 each
Arugula or Watercress	1/2 bunch
Olive Oil	2 Tablespoons

