



Aleutian Islands

Baby Octopus Burgers with Seaside Salad

Light version of a gourmet burger that's rich in Omega-3's

Sesame Sweet Vinaigrette

2 Tablespoons apple vinegar

2 teaspoons honey

2 teaspoons sesame oil

Sea salt; ground black pepper

Directions: In a small bowl, whisk vinegar, honey, and sesame oil until combined. Season with salt and black pepper. Set aside

Seaside Salad

1/4 cup (each) chopped celery, carrots, green onions

1/4 cup chopped mixed colored bell peppers

1/2 cup coarse chopped red cabbage

3 cups torn green kale

1 Tablespoon avocado or olive oil

Directions:

- In a medium sized bowl, combine celery, carrots, green onions, bell peppers, and red cabbage. Set aside 1/2 cup mixed vegetables.
- To the remaining vegetables, add coarse torn kale; toss with reserved vinaigrette to coat ingredients. Cover with plastic, chill in the refrigerator.
- Place the reserved mixed vegetables in a lightly greased sauté pan, cook over medium heat to soften, about 8 minutes. Set aside to cool.

Burger Mayonnaise Spread:

1/4 cup mayonnaise

2 Tablespoons sweet pickle relish

1 or 2 Tablespoons chili sauce

Directions: Combine spread ingredients in a small bowl; cover; chill in the refrigerator.

Baby Octopus Burgers

1 lb. frozen baby octopus, black ink removed, thaw

Water as needed

3 Tablespoons Panko bread crumbs

1 large egg, lightly beaten

1/2 teaspoon sea salt or to taste

1/8 teaspoon ground black pepper or to taste

1/8 teaspoon smoked paprika or to taste

Cooking Baby Octopus in Pressure Cooker

- Wash and remove any black ink, dry baby octopi on paper towels.
- Place octopi on racks in pressure cooker; add enough water to cover them.
- Cook on high pressure for 8 minutes.
- When time is up, release the pressure manually. Remove octopi from water and dry them as much as possible Set aside until able to handle.

Forming the Burgers:

- Cut baby octopi into chunk pieces, place in food processor. Pulse to mince octopi until coarse ground.
- Add cooked vegetables, bread crumbs, egg, salt, black pepper, and smoked paprika.
- Process all ingredients in food processor for about 25 seconds to mince and form burger consistency.
- Use a 1/2 cup ice cream scoop to measure burgers and give them a classic round shape; lightly flatten into a thick patty.
- Place about 2 Tablespoons oil in non-stick skillet, add octopus burgers, cook burgers for about 5 minutes, browning both sides and carefully turning over. Serve as a patty with a side dish or as a gourmet burger sandwich with seaside salad and mayonnaise spread.

To Serve as Burgers:

2 crusty buns, split

Olive oil spray as desired

Chilled burger Mayonnaise Spread (previously prepared)

Fresh small beet leaves or lettuce leaves, washed, dry

2 cooked Octopus Burgers

Chilled Seaside Salad (previously prepared)

Side Dish: Ruffled Potato Chips as desired

Directions:

- Place split bun on foil lined baking sheet cut side up, lightly spray or brush with olive oil, toast in 400-degree F oven for 5 minutes or until golden brown.
- To make the Burger Sandwiches: Cover toasted bun top and bottom with mayonnaise spread; layer beet leaves over the bottom bun; top each sandwich with one cooked octopus burger, spoon seaside salad as desired on top of burgers; close with bun top. Serves: 2 Octopus Burgers with Seaside Salad

Cook's Note: This burger has a very mild flavor. If you want to add “zing” to the octopus burger add a little blackened seasoning in place of the smoked paprika or hot sauce.

About the Recipe: Baby Octopi is a gourmet ingredient that is tasty yet healthy with Omega-3's and iodine. This recipe is easy to make at home using a pressure cooker and small skillet. Serve this zesty seafood burger on a toasted bun, covered with creamy spread, fresh greens, and topped with a seaside dressed salad. What a great way to get some extra calcium, potassium, phosphorus, and iron!

The Community of the Aleutian Islands:

The people of Sand Point from the Aleutian Islands know that healthy food is important. [Store Outside Your Door](#), a wellness and prevention initiative of the Alaska Native Tribal Health Consortium, provided some recipe suggestions featuring local seafood like the octopus. They feature information and videos about the harvesting and preparation of traditional foods. If you check these out, you will be able to see how octopus are harvested from a tide pool, hunting on the beach, and how they prepare the octopus for their inspired cuisine.

For More Information See:

<https://www.adn.com/food-drink/article/traditional-alaska-thanksgiving-recipes/2012/11/22/>