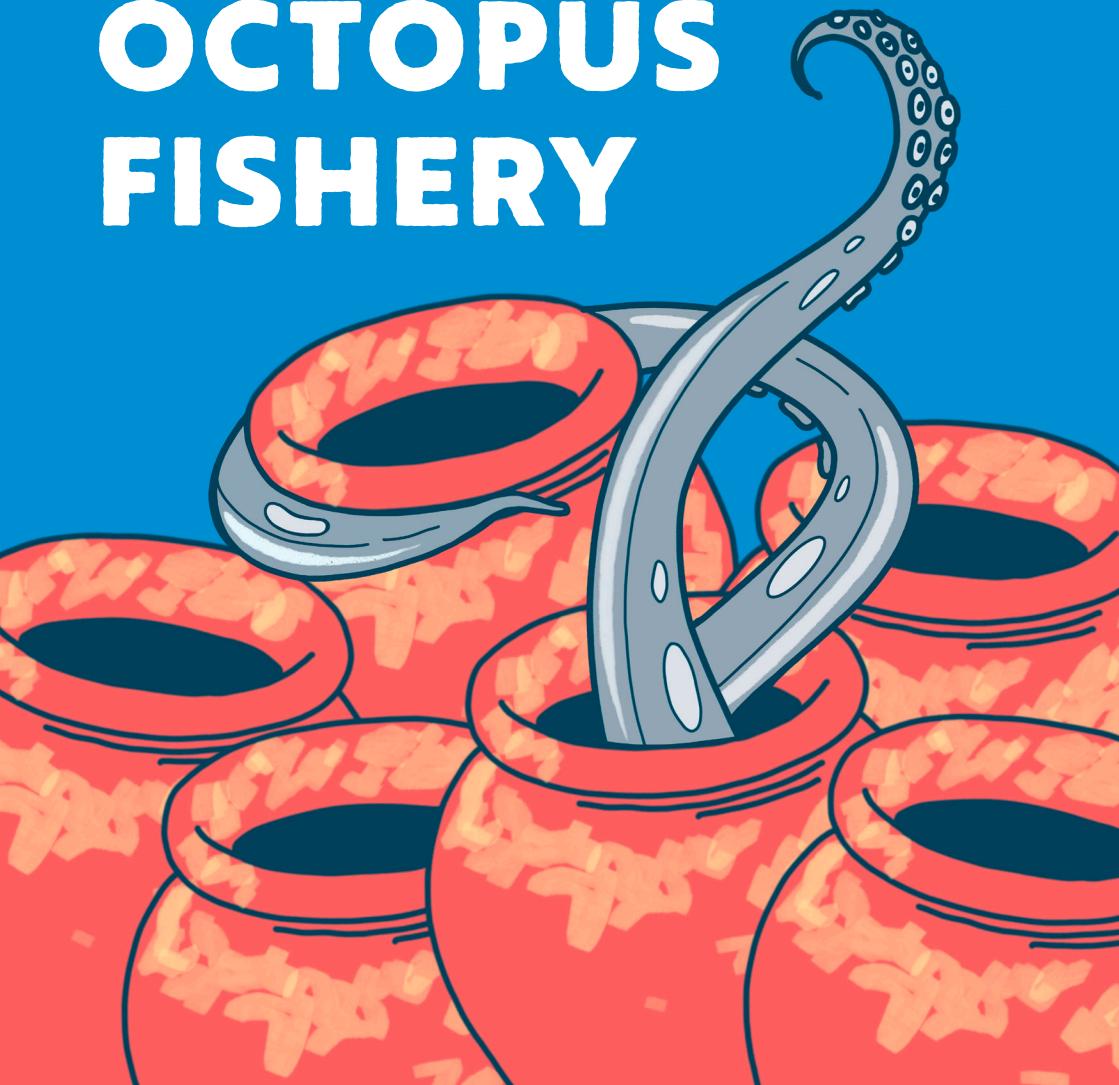


THE TRADITIONAL ALGARVE OCTOPUS FISHERY



6 REASONS TO CHOOSE THE OCTOPUS FROM THE ALGARVE

- 1** The common octopus is the most important fishing resource in the Algarve 
- 2** The octopus fishery in the Algarve is an ancient activity with a strong tradition and cultural importance 
- 3** Octopus from the Algarve is appreciated by consumers in national and international markets 
- 4** The management of the octopus fishery in the Algarve is done together with the fishers 
- 5** Eating octopus is healthy 
- 6** There are many ways to prepare and enjoy octopus 

The common octopus is the most important fishing resource in the Algarve

The octopus fishery is of great social and economic importance, representing:

38%* of the total weight of octopus landings in Portugal



40%* of the total value of octopus landing in Portugal



*Average value from 2020-2024

540 vessels licensed to use pots and traps

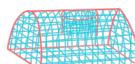


An average of 152 fishing days per vessel per year



Average daily catch of 134 kg

Octopus is caught by the small-scale artisanal fleet using passive gear



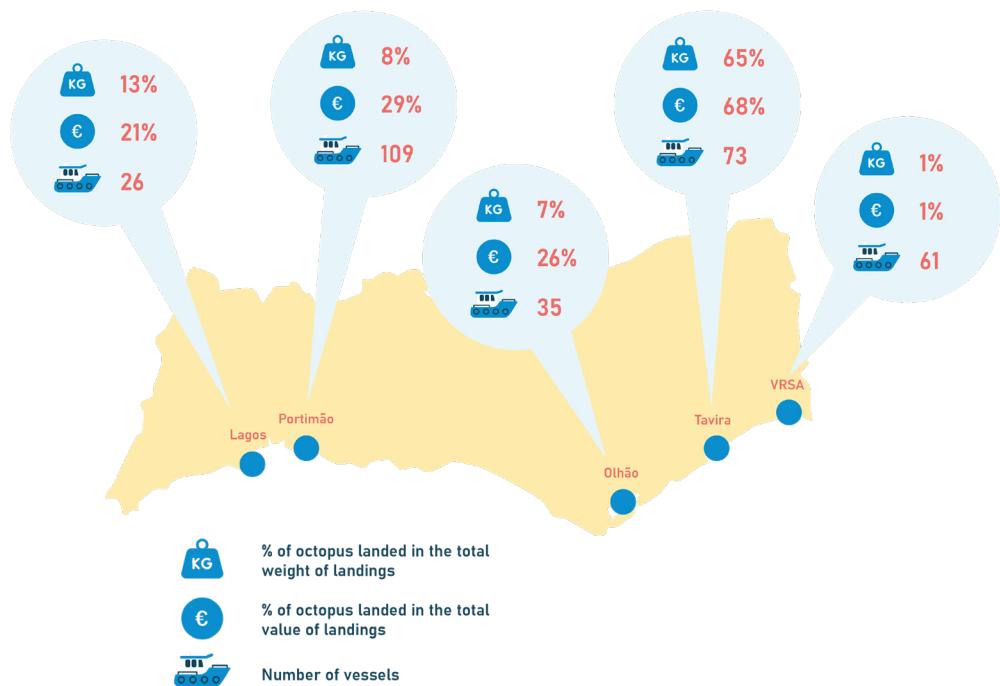
Octopus trap



Plastic octopus pot

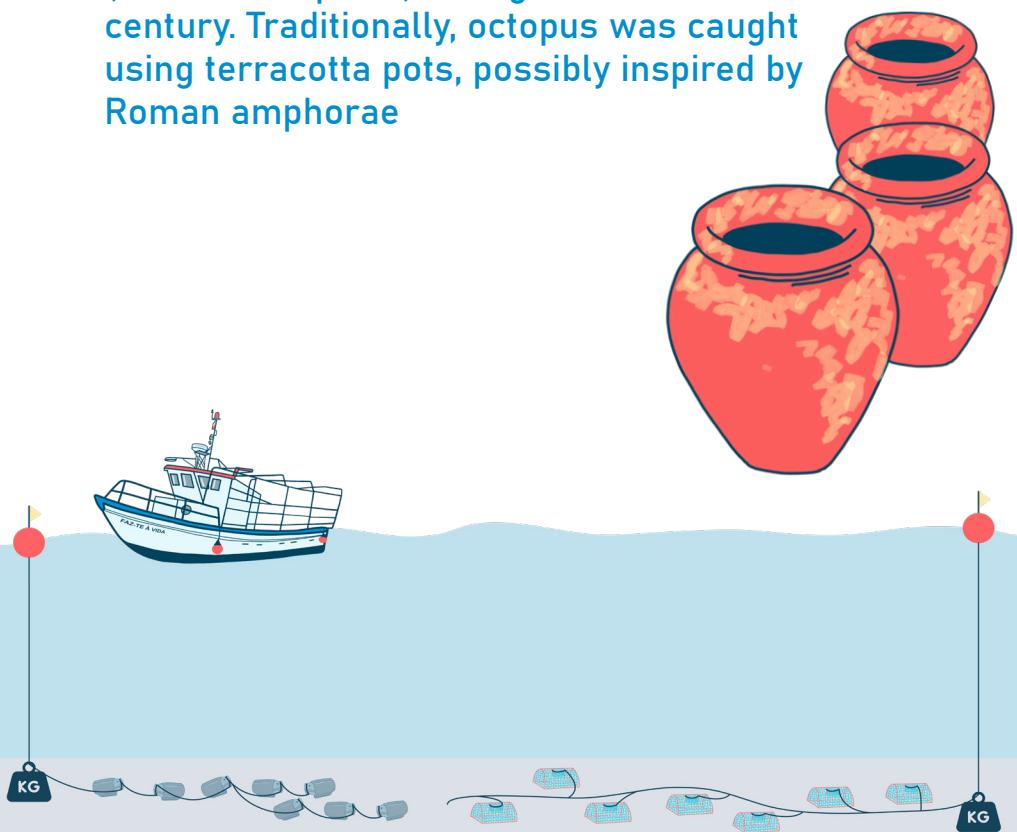


Terracotta octopus pot



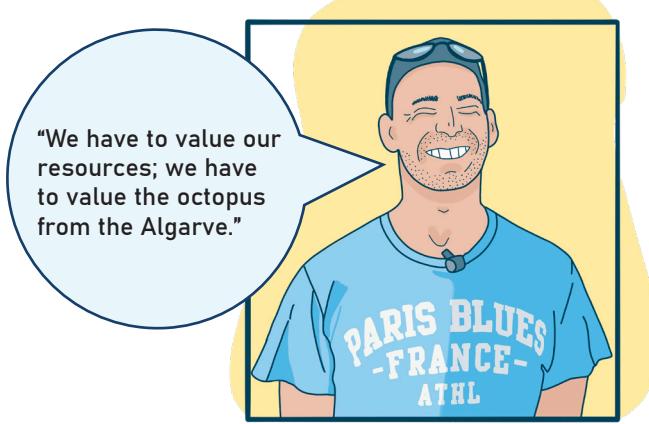
The octopus fishery in the Algarve is an ancient activity, with deep traditional and cultural importance

The octopus fishery is deeply rooted in the Algarve culture, with records of catches (and even exports) dating back to the 15th century. Traditionally, octopus was caught using terracotta pots, possibly inspired by Roman amphorae

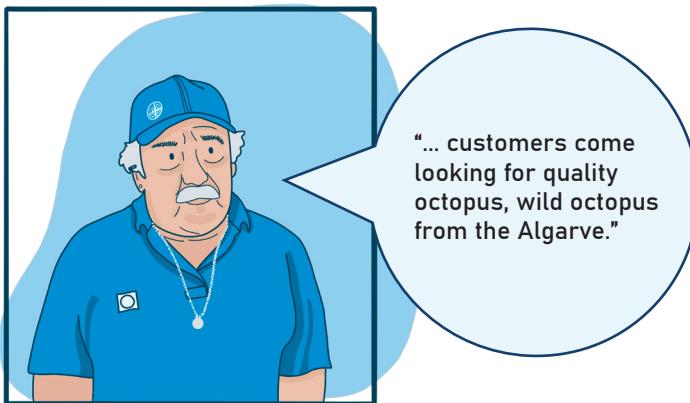




Fisherman



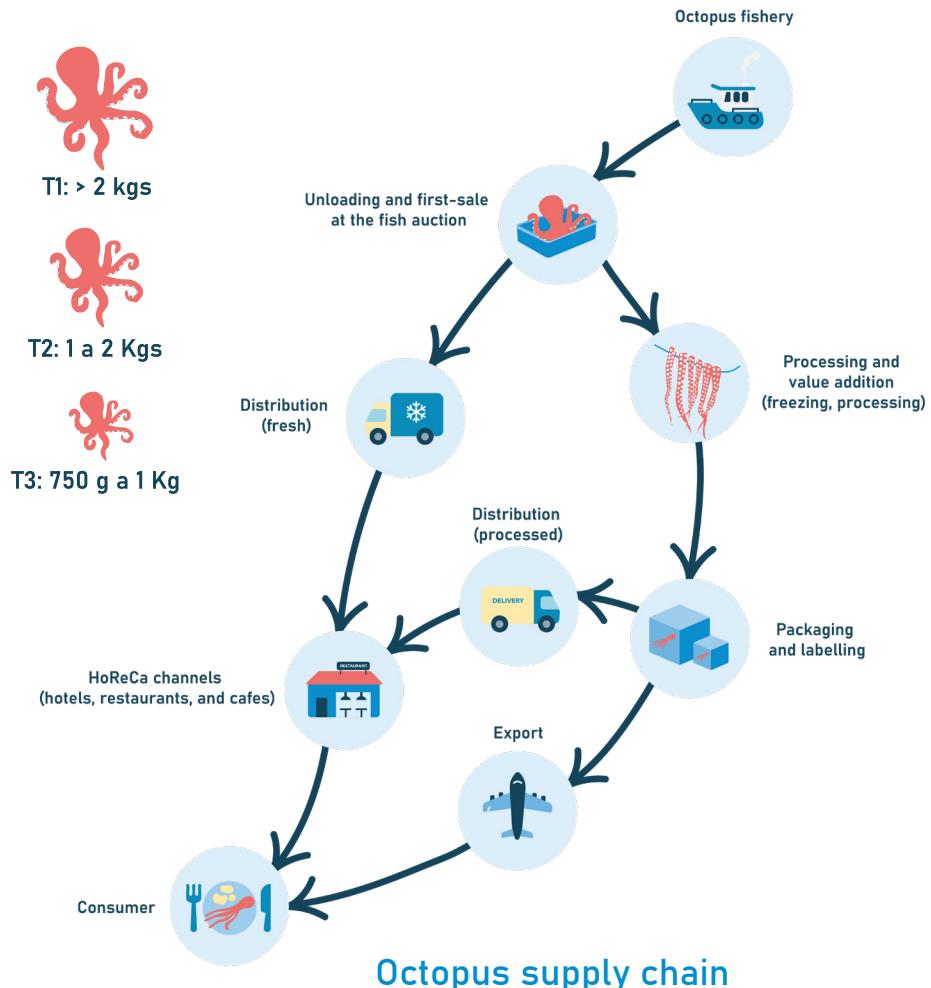
Fisherman



Restaurant owner

Octopus from the Algarve is prized in national and international markets

Octopus is sold at the fish auction in different size classes

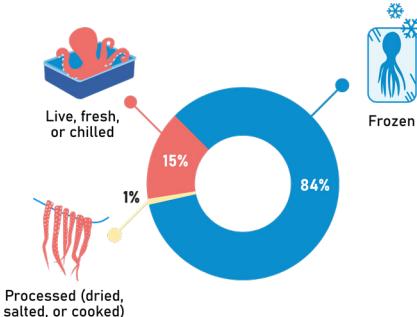


In 2024, Portugal was the third-largest octopus exporter in the world

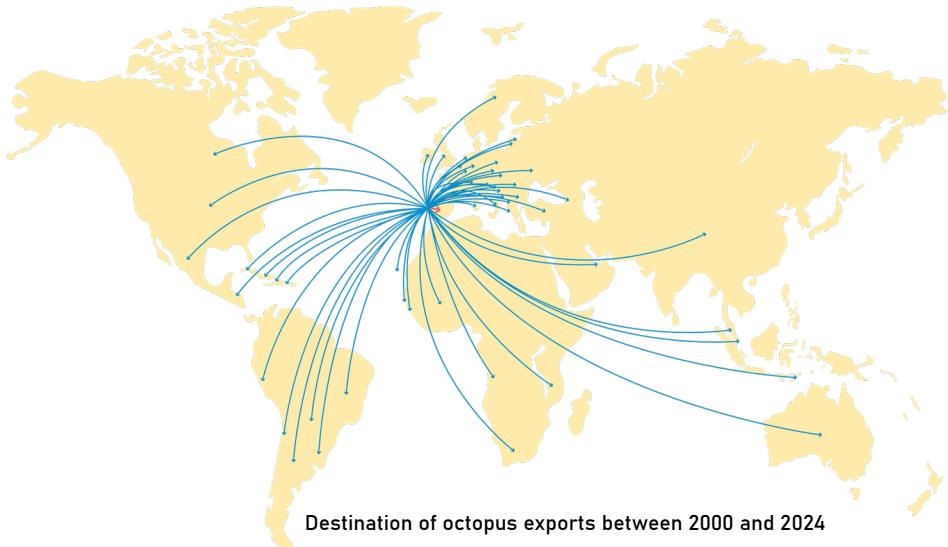


*Average value from 2010-2024

The majority of exports consists of frozen octopus

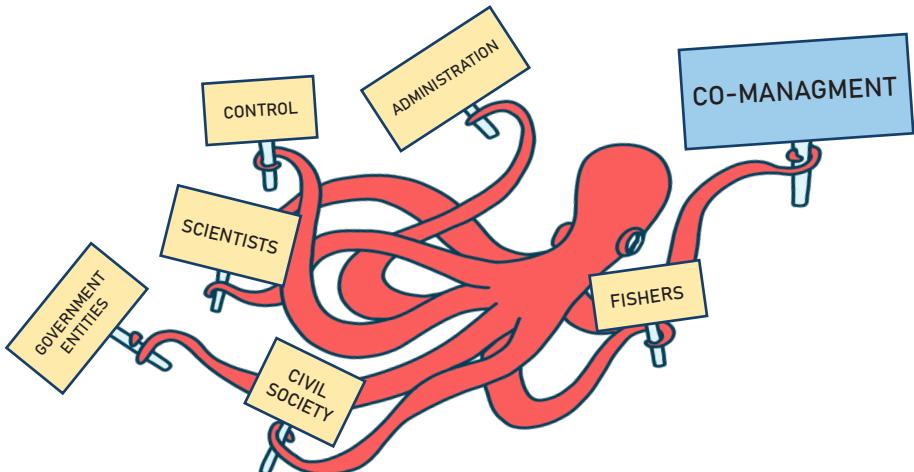


Portugal exports octopus primarily to Spain, but also to a variety of markets worldwide



The octopus fishery in the Algarve is managed jointly with fishers

Innovative and inclusive management



Co-management promotes the sustainability of resources and fishing communities

Challenges in the management of the octopus fishery in the Algarve



Frequent stock fluctuations



Ageing of fishers



Lack of modernization



Lack of information on stock status



Lack of fishers' involvement in decision-making and market interventions

Co-management of the octopus fishery in the Algarve



Collaborative efforts to manage complex issues



Shares management responsibilities



Promotes transparency



Integrates diverse perspectives



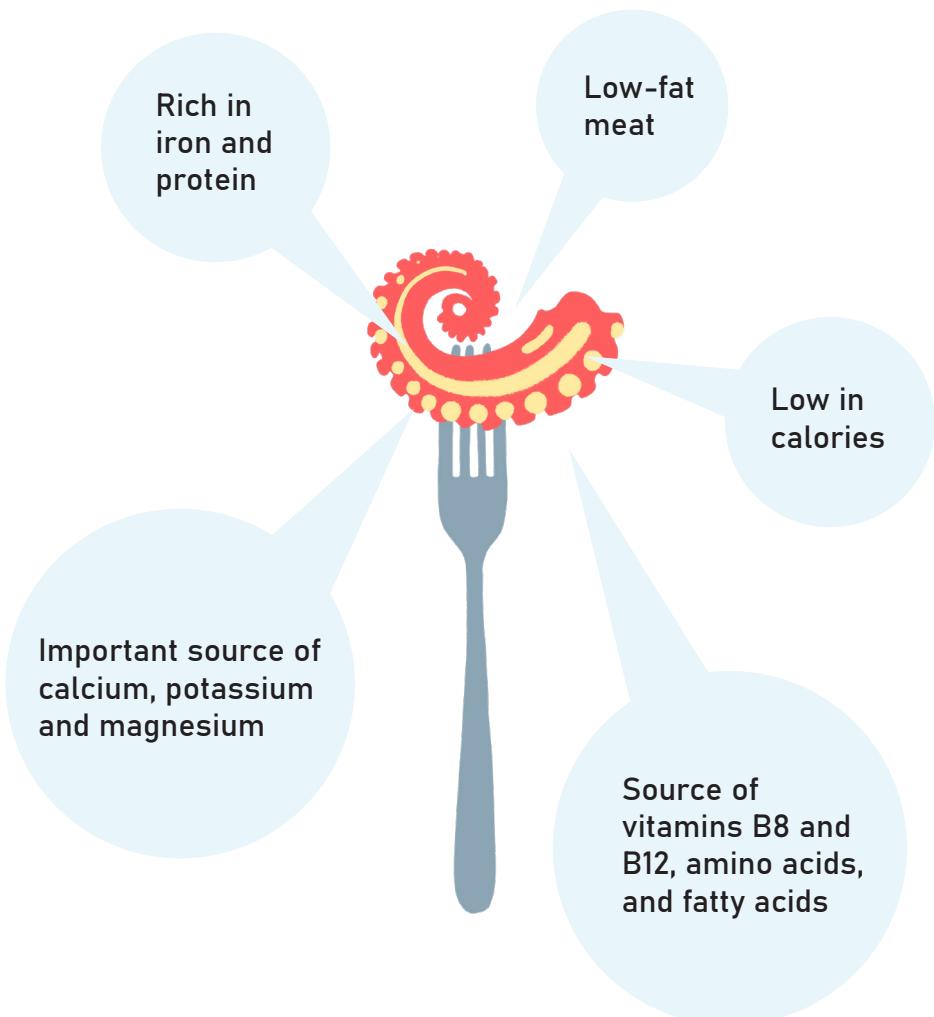
Increases the involvement of fishing communities



Capacitates fishing communities

Eating octopus is healthy

Octopus is a natural, nutritious, and sustainable option



There are many ways to prepare and enjoy octopus

Octopus rice

Ingredients:

2 small octopuses or 1 large octopus
1 cup of rice (preferably steamed)
2 onions
2 garlic cloves
3 tablespoons of olive oil
200 ml of red wine
1 bay leaf
2 ripe tomatoes
2 cups of the octopus cooking water
Salt, pepper, and coriander to taste



Preparation:

- 1) Cook the octopus in a pot with water, one whole onion, the bay leaf, and salt to taste for 40 minutes;
- 2) In another pot with olive oil, sauté the onion, garlic, and bay leaf;
- 3) When the onion is golden brown, add the finely chopped tomatoes and the wine. Season with a little salt and pepper and let it cook until slightly thickened;
- 4) Add the octopus cooking water, and when it begins to boil, add the rice and cook for 15 minutes;
- 5) When the rice is almost cooked, add the sliced octopus and chopped coriander. Mix well. Your octopus rice is ready!

Recipe: adapted from da Chef Lia Formiga

Photo: Chef Lia Formiga

<https://espacogourmet.meionews.com/liaformiga>





Polvo à Lagareiro (Octopus Portuguese style)

Ingredients:

1 octopus of 2 kg approximately
1 kg of small potatoes
10 cloves of garlic
2 bay leaves
Parsley
Salt
250 ml olive oil



Preparation:

- 1) Prepare the potatoes: Set the oven to 160°. Wash the potatoes well, they will cook with the skin. Put them in a baking dish, add plenty of coarse salt, cover with aluminum foil and roast for about 50 minutes. The potato can not be hard or very soft, which sticks a toothpick without breaking it. Once done remove from the oven;
- 2) Pour plenty of water in a pot, put on the fire, let boil and add the octopus, do not add salt, cook for 35-40 minutes, prick a tentacle to check that the texture is firm but not hard. Remove from heat, let cool for 15 minutes and remove from water. Separate the head from the tentacles;
- 3) Take a large oven tray, put the potatoes on the base of salt, over the tentacles of the octopus, season them with coarse salt to taste. Add the peeled garlic cloves, the whole parsley leaves, the 2 laurel leaves, and water everything with 250 ml of olive oil;
- 4) Raise the temperature of the oven to 210 °, put the tray in the oven and roast for 20 minutes or until it takes a golden color;
- 5) Serve in the same tray so it does not get cold.

Recipe and photo: Chef Carlos Lopes Maciel
<https://www.cephsandchefs.com/tag/recipe/page/4/>



Octopus salad with red berries

Ingredients:

1 garlic clove
1 red onion
2 tomatoes
10 raspberries
10 blueberries
1 tablespoon of vinegar
30g parsley or coriander
1 tablespoon of olive oil
1 whole cooked octopus
1 bay leaf
Pepper and cloves to taste



Preparation:

- 1) Cook the octopus with the bay leaf, pepper, and cloves;
- 2) Once cooked, cut the octopus into pieces. Chop the onion and dice the tomatoes;
- 3) Mix the octopus, onion, tomato, and berries. Add a touch of pepper and fresh parsley or coriander;
- 4) Add the olive oil and vinegar, mixing well;
- 5) Serve the salad chilled.

Recipe and photo: Chef Fábio Bernardino
https://www.instagram.com/chef_fabiobernardino/

Technical Sheet

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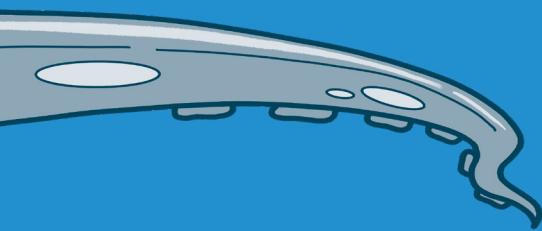
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- UN Comtrade Database (2010-2024), Nações Unidas





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