

Roasted Peppers Italian Style

“Late August is a down time for gardens in the Tallahassee area. What still are in abundance in my garden are peppers, eggplant, herbs, and basil. This recipe uses the peppers in making a dish often used as an appetizer paired with crusty bread and hard cheese or as a topping for bruschetta. When I was growing up in Cleveland, Ohio sandwiches made with Italian bread, eggs, and these peppers were workers’ lunch box favorites.”

Anthony

Ingredients

6 or more whole red and green peppers freshly picked from the garden or locally sourced
3 or 4 cloves garlic, locally sourced, sliced paper thin and minced or julienned
½ cup Extra Virgin Olive Oil, best quality available
1 or 2 tsp Oregano leaves, fresh from the garden, minced (substitute dried if not available)

1. You can either roast the whole peppers in the oven at 400 degrees, under the broiler, or on the grill. I like to do it outside on the grill to get that extra smoky flavor grilling imparts (and to keep from heating up the house). Whichever method you choose, quarter turn frequently until peppers outer skin begins to char and turn black and inner flesh cooks. Over cooking or under cooking makes it more difficult to remove the skin so it may take a few attempts to get this just right.
2. To remove skin, stem, and seeds either put the cooked peppers in a paper bag or place them on a cutting board and cover with a bowl. Either way let sit for 15 minutes to allow the peppers to steam and cool to make skin removal easier.
3. Now make one cut down the side of cooled pepper, fold out the flesh flat in one piece and remove stem and seeds, using a thin towel or wash cloth to dap out last of seeds. Flip the pepper over and using a knife, peel and scrape off charred skin.
4. Now slice peppers in strips place in bowl. Reserve any juices you might save from this process and put these in the bowl. Compost seeds and stems.
5. Mix peppers, juices, garlic, olive oil and oregano and let marinate for at least a couple of hours.

Contributed by Anthony Gaudio, Sustainable Tallahassee, September 2013



Just picked peppers ready to roast