

ROASTED PEPPERS

INGREDIENTS:

Red, gold and yellow peppers – one each
Extra virgin olive oil
1 clove of garlic
1 lemon
Italian parsley
Salt
Black pepper

PREPARATION:

Place whole peppers on an open burner or grill and rotate them on the fire with tongs until the pepper skins are all black
Place the peppers in a brown paper sack with an abundance of sea salt
Close the bag, shake the peppers in the salt, and allow them to sit for 3-5 minutes
Rinse the peppers under cold water to facilitate the removal of the skin
Cut the peppers open over a strainer in order to preserve the juice
Remove the seeds and cut the peppers into ¼ inch strips
Toss the sliced peppers in a bowl with saved pepper juice, 1 smashed clove of garlic, 3-5 tablespoons of extra virgin olive oil, fresh lemon juice, chopped parsley, and salt & pepper to taste. Simple and delicious.

Buon Appetito!