

Peppers for Cold Meats a la Escoffier

Auguste Escoffier

I got it from the Wednesday Chef blog and she got it from an L.A. Times article

Internet Address: http://www.thewednesdaychef.com/the_wednesday_chef/2008/10/auguste-escoffi.html



Servings: 16

1. Put the oil in a saucepan. Chop the onion very fine, add to the pan and fry over low heat until softened. Add the peppers, salt, ginger and mixed spices, and cook for 10 minutes.
2. Stir in the tomatoes, garlic, raisins and sugar. Add the vinegar; cook over very hot heat, covered, for 1 hour and 15 minutes, stirring occasionally. Uncover the pot and cook with the lid off for 5 to 10 more minutes.

Yield: 4 cups

Per Serving (excluding unknown items): 72 Calories; 4g Fat (41.2% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

A pickle type thing, a relish.

4 tablespoons olive oil

1 medium onion, minced

1 pound red bell peppers, washed, cored, seeds removed, chopped

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/2 teaspoon mixed spices (allspice and nutmeg)

1 pound ripe tomatoes, drained (most of a 28-ounce can of diced tomatoes works)

1 clove garlic, minced

1/2 cup raisins

1/4 cup sugar

2/3 cup red wine vinegar

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>