
Tomato Caper Relish

From my cyber friend Nance, and she got it at a cooking class, from Millrose Brewing Company

Internet address:



Servings: 4

1. Combine all ingredients, adding olive oil last. Taste for seasoning - the most important ingredients are: cayenne, garlic and lemon juice - so add more if needed.
2. Will keep, refrigerated, for 7-10 days. Serve on fish, chicken or even beef. It's particularly good on swordfish.

Yield: 1 cup

Per Serving (excluding unknown items): 78 Calories; 7g Fat (77.6% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

- 1/2 cup fresh tomatoes, chopped small
- 2 teaspoons shallot, finely minced
- 1 tablespoon fresh parsley, minced
- 1 small garlic clove, smashed & minced
- 1/2 tablespoon capers, if large, chop them a little
- 1 whole red bell pepper, roasted (bottled) finely chopped
- 1/2 tablespoon white wine, vermouth is okay too
- 1/2 tablespoon fresh lemon juice
- Salt and pepper to taste
- 1/8 teaspoon sugar (optional)
- 1 dash cayenne, or more
- 2 tablespoons extra virgin olive oil

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