Roasted Red Bell Peppers in Balsamic Vinegar

Diane Phillips, cooking instructor and cookbook author, 2015
Internet address:



4 large red bell peppers

3/4 cup extra virgin olive oil

1/4 cup balsamic vinegar (use good quality, aged) or more if needed

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 medium garlic cloves, very thinly sliced (will be removed later)

Crostini, for serving

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

Servings: 10

1. Line a baking sheet with aluminum foil and preheat the broiler.
2. Wash the peppers and remove any stickers. Place them on one flatter side on the baking sheet and broil, turning them once or twice to char them evenly on all sides. Watch carefully.
3. When they're blackened, turn off the broiler, close oven door and allow them to rest in the oven for 45 minutes to 1 hour. The steam formed in the oven will help you to remove the skins more easily.
4. Remove the peppers from the oven and when they are cool enough to handle, remove skins (use disposable gloves if desired).
5. Remove core, seeds, then slice into strips and place in a medium-sized bowl. Stir in oil, vinegar, salt, pepper and sliced garlic. Mix. MAKE AHEAD: can be made up to 8 hours ahead, but they need to sit for at least 2 hours to meld the flavors, covered, at room temperature.
6. Taste for seasonings. Remove garlic slivers and pour into a small serving bowl. Serve with crostini and a fork to put the slices on the bread more easily.

Per Serving (excluding unknown items): 158 Calories; 16g Fat (89.7% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 Fat.