



Peperoni in Padella

I was taught to make this dish by a boyfriend's Neapolitan mother many years ago, and it's still one of my favourites. Peperoni in padella simply means 'peppers in the pan' and the result is quite different to roasting a capsicum in the oven as the juices blend with the oil and garlic during the slow cooking to make a delicious sauce. Unlike roasting, the skin remains on the strips of capsicum. When you plate the dish discard any that have slipped off, the remainder can be eaten or peeled off by each diner. Use red or yellow capsicums, or a mixture, for peperoni in padella, but not green ones as they're unripe and have astringent herbal notes rather than sweet ripe capsicum flavour.

Serves 4 or more as part of an antipasti misti



INGREDIENTS

- 1 red capsicum
- 1 yellow capsicum
- ¼ cup extra virgin olive oil
- 1 clove garlic, crushed
- Salt flakes and freshly ground black pepper, to taste

METHOD

1. Slice capsicum into strips about 1cm-thick, discarding seeds and membrane.
2. Place oil in a frying pan over medium heat, add garlic and stir for a minute or 2, until it starts to sizzle.
3. Stir in capsicum and a good pinch of salt.
4. Cover, reduce heat to low and cook for about 35–45 minutes, stirring occasionally, until tender. Set aside to cool in the cooking juices, then discard any loose pieces of skin.
5. Cover and refrigerate for a few hours, preferably overnight.
6. Transfer capsicum and juices to a serving bowl and set aside for 30 minutes or so to return to room temperature before serving.