Peperonata:

Yield: 5 servings
Preparation Time: About 30 minutes

Ingredients:	Equipment:
• 1/4 cup (60mL) olive oil, divided into 2 Tbsp (30mL) then 2 Tbsp (30mL) • 1 clove garlic, minced • 1 ½ tsp (7mL) chilli flakes • 1 large red pepper, thinly sliced lengthwise • ½ large yellow pepper, thinly sliced lengthwise • ½ large red onion, sliced thinly • 1 Tbsp (15mL) fresh thyme leaves • 2 tsp (10mL) capers, chopped • 1 Tbsp (15mL) and 1 tsp (5mL) red wine vinegar • 1 Tbsp (15mL) fresh oregano leaves • Salt and freshly cracked pepper	• Cutting board • Small sharp knife • Measuring spoons • Large sauté pan • Wooden spoon or heat proof spatula • Medium-sized bowl

Method:

1. Press a garlic clove through a garlic press or grate with a microplane. Put aside for now.
2. Cut peppers in half and remove the seeds and pith. Cut the pepper in thin slices lengthwise. Place in a medium-sized bowl.
3. Slice ½ red onion in thin slices. Add to the peppers.
4. Remove the leaves from several big sprigs of thyme. Add to the pepper/onion bowl.

© Project CHEF 2020
Not to be copied or reproduced without express permission from the author

5. Heat sauté pan over medium heat. Add 2 Tbsp (30mL) of olive oil. Add the garlic and chilli flakes and sauté until you can smell it cooking, about 1 minute.
6. Add the peppers, onions and thyme and sauté until peppers and onions are soft, about 6 minutes.
7. Measure capers, draining the liquid. Lightly chop the capers then add then to pan. Add remaining 2 Tbsp (30mL) of oil, and sauté for one minute.
8. Remove from heat and transfer to a metal or glass bowl.
9. Add the vinegar. Stir.
10. Remove oregano leaves from the stems and add to the bowl. Stir together.
11. Season with salt and pepper. Stir.
12. Can be served warm, at room temperature or cold.

Tasty Tip:

- This is nice served as a hot vegetable dish, cold salad or served on crostini (toasted baguette slices) or crackers. If you really want a tasty dish, place a thin slice of Bononcini (fresh mozzarella cheese) on top of crostini and serve the peperonata serve on top. Delish.

© Project CHEF 2020
Not to be copied or reproduced without express permission from the author