



Mangia Bene, Viva Bene

By FRANK ZEOLI



A staple on any Italian American table is roasted red peppers. I never remember a time when my grandmother didn't have roasted peppers in her refrigerator. She used to say you should always have cheese, crackers, pepperoni, and roasted peppers, that way if someone just shows up you have something to put on the table. Sometimes she would buy store bought peppers but most of the time she would roast her own and bottle them for when she couldn't make them.

Her process was simple, clean the peppers and roast them on the grill. She only had a charcoal grill, so it took some prep work to do it. She usually made a lot at one time. I still make them the same way but I use my gas grill. Not completely the same but I think I pretty much have the process down.

Prep Time: 10 Minutes | Cook Time: 30 Minutes

Ingredients

- 6 red peppers
- $\frac{3}{4}$ cup of extra virgin olive oil
- 6 cloves of garlic (minced fine)
- Kosher salt

Instructions

1. Clean the red peppers and let them dry. In a large bowl add $\frac{1}{2}$ cup of the olive oil and dip the peppers in the oil roughly coating them.

2. Heat the grill to high and place the oiled peppers one by one on the grill directly over the heat. Turn the peppers every 2 minutes until both sides are charred. This should take about 10 minutes if your grill is hot enough.

Fire Roasted Red Peppers



3. Remove the peppers and put them in a brown paper bag. Shut the bag. Let them sit for about 20 minutes. This will help the charred skin loosen for removal.

4. Take the peppers out of the bag and remove all of the charred skin from each pepper as well as the seeds at the top of the pepper. This is done by pulling the root of the pepper from the top. It should easily come out. I clean the peppers in the sink running a little cold water on them. I have a garbage disposal, so cleanup is easy. My grandmother didn't so she would put water in a big pot and clean them in the pot.

5. Once all of the skin has been removed, cut the peppers into strips and place them in a mixing bowl. Add about $\frac{1}{4}$ cup of olive oil, salt, and the minced garlic. Stir well and place them in the refrigerator for a minimum of 2 hours or overnight, if you can.

Serve them cold with just about anything.

