



GEORGE CHIALA'S RECIPE OF THE MONTH COLLECTION

APR 2012
Recipe 34

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Peperonata (a traditional Italian Pepper & Tomato Stew).

PREPARATION

- 1 - Plunge the tomatoes and peppers into boiling water for a few seconds; drain and peel. Chop the tomatoes and then seed and slice the peppers
- 2 - Heat the oil in a skillet over medium heat. Add the garlic and onion and saute until translucent. Add pepper slices, salt to taste, and cook for a few minutes. Then add the tomatoes and oregano.
- 3 - Cover, reduce heat, and cook for 30 minutes, stirring occasionally. Add basil and cook for a few minutes longer to allow flavors to blend.
- 4 - Transfer to serving bowl and enjoy!



Peperonata (Pepper & Tomato Stew)

My good friend and talented Italian cook, Luciano Valenti, was kind enough to share this traditional Italian "Peperonata" recipe. It is an excellent accompaniment to meat or fish dishes, or it can be used as a sauce for spaghetti, rigatoni or penne.

Bon Appetit!
-George

Cook's Note:
This colorful blend of bell peppers is as delicious at room temperature as it is hot, so it could be prepared several hours ahead of time.

(photo by Marc-Henri)

INGREDIENTS

- 3 ripe tomatoes
- 3 red bell peppers
- 3 yellow bell peppers
- 1/4 cup GC Farms' extra virgin olive oil
- 1 onion, sliced
- 2 garlic cloves, chopped
- salt
- 1 tablespoon chopped fresh oregano
- a few basil leaves

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