

## Roasted Peppers

Roasted peppers are wonderful! You can of course use jarred peppers in recipes, but making your own isn't hard and home-roasted peppers can really add a very satisfying flavor profile to a plant-based diet! Just place the peppers on a sheet pan in a 350° - 375° oven and leave them alone until you see the skin loosen and come away from the pepper. The pepper will be slightly blackened and you will smell that delightful roasted pepper aroma. You can do this directly on a flame or open fire grill, but watch them carefully, they burn to a crisp easily and you don't want that.



Place the peppers in a bowl and cover them with plastic wrap and allow the steam to totally free the skin from the pepper. This is a crucial step missed by home cooks and is really a mandatory step in the process. It takes about 30 minutes and you'll know when it's done because the steam that causes the plastic wrap to appear *convex* – or bulging – will be made *concave* – or inward curving – by the vacuum created when the steam dissipates.

Remove the seeds and skins by placing them in a separate bowl and then straining that through a sieve to get the liquid out. While you handle the roasted peppers be very careful to retain all of the oils and liquid that you'll see coming off, this is where the flavor is and you want that oily liquid in your food! You'll note a large amount of this lovely liquid developing in the bottom of the bowl covered in plastic; as Martha would say "that's a very good thing!" Gently peel away the skin, discard the seeds and retain *all* of that wonderful liquid. What ever you do resist the temptation to put the pepper under running water to get the skins and seeds off! Granted it's far faster, but you're washing away all those fabulous oils that make roasted peppers what they are.

