

Peperonata

March 24th, 2021

This recipe serves: 4

Prep Time: 00:30

Cook Time: 01:00

Peperonata is a classic Sicilian stew recipe made by stewing together bell peppers, onions, and tomatoes. This dish is great as a side dish with grilled chicken, an appetizer with toasted bread, an accompaniment to polenta, a Bruschetta replacement, or as a sauce over pasta.

Ingredients:

1/4 Cup Olive Oil
1 Tablespoon Butter
1 Onion, julienned
1 Red Bell Peppers, julienned
1 Yellow Bell Peppers, julienned
1 Orange Bell Peppers, julienned
2 Cloves Garlic, minced
4 Roma Tomatoes fresh or canned, seeded and then diced
1 Can Artichoke Quarters, drained
1 Teaspoon Sugar
1 Pinch of Table Salt
1 Tablespoon Balsamic Vinegar
About 20 Capers
2 Large Leaves Fresh Basil, julienned
Additional Fresh Basil Leaves for garnish, julienned
1/4 Cup Grated Parmesan or Grated Pecorino Romano Cheese

Optional Ingredients:

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Diced Eggplant, Diced Zucchini, Italian Sausage, Sliced Kielbasa, or Sliced Grilled Chicken.

Directions:

Heat the Olive Oil and Butter in a large pot over medium heat.

After the Oil mixture is heated, add any of the optional meat selections and cook until it begins to brown.

Add the Onion and cook for 4-5 minutes.

Add the various colors of Bell Peppers. Stir together and cook for another 6-8 minutes.

Stir in the Garlic and cook for 30 seconds.

Add the Canned Artichoke Quarters.

Add the diced Tomatoes, Basil, Salt, and Sugar.

Sprinkle with Balsamic Vinegar

Reduce the heat to medium low, lid, and simmer.

Stir occasionally and continue to simmer about 20 minutes.

If the mixture becomes dry, add a small amount of water as needed.

Continue to simmer until the peppers soften and the tomatoes break down into a sauce.

Add the Capers and stir thoroughly, then remove from heat.

Sprinkle with Shredded Cheese.

Garnish with additional Basil and the Grated Cheese.

Serve.