

Insalada di Peperoni e Melanzane

Roasted Sweet Pepper and Eggplant Salad

Serves 10 -12

The mellow flavor and tender texture of roasted peppers add interest to this handsome salad. Use red or green peppers or a combination of the two. Don't know why a yellow and/or orange one couldn't be used to enhance color.

12 large peppers, green or red. See below.
2 medium sized (1 lb) eggplant
12 tbsp olive oil
6 medium onions
4 tbsp. red wine vinegar or fresh lemon juice
2 tsp salt
Pepper
3 large tomatoes cut into wedges

To roast peppers

Place peppers in a single layer in a broiler pan and broil, turning frequently, about 1" from heat until peppers are blistered and charred on all sides. Place in a plastic bag and let peppers sweat for 15 – 20 minutes. Strip skin from peppers. Cut peppers lengthwise into 4 pieces. Remove and discard the stem and seeds.

NOTE: Roasting can also be done ahead of time over a hot charcoal fire to give them a smokier flavor. Freeze when charred. Thaw when ready to use and remove skin and stem.

Cut peppers slices crossways into ½" pieces; place in a large bowl and set aside. Peel eggplant and cut into ½" slices. Lightly brush each side with olive oil and cut into ½" strips. Set strips on cooking sheets and broil, turning frequently 4" from heat until soft and well browned on all sides (approx. 20 minutes). Add to peppers.

Cut onions in half vertically and then slice lengthwise to form long, thin slices.

Heat 4-6 tbsp olive oil in wide frying pan and cook onions over medium heat, stirring occasionally until golden. Add to pepper mixture. Add vinegar, salt and pepper to taste; Serve, or let stand until at room temperature for as long as 4 hours.

Garnish with tomato wedges.