



Peppers (Italian Frying, or Dulce Italiano Peppers)

Recipe by Stephen Pavy

Serves: 8

Serve with Joseph Phelps 2005 Insignia
Joseph Phelps 2005 Napa Valley Cabernet Sauvignon

This is a recipe which should be made when you will be spending time in the kitchen. It requires little (but periodic) attention.

8 large red Italian frying peppers (Locally, here in California, these are called "Dulce Italianos" or sweet Italian peppers. They are long and about 1 ½" to 2" wide, tapering at the end. They are not hot. Fully ripe, they are red.)

2 Tbsp. extra virgin olive oil

Salt and pepper to taste

Slice each pepper in half lengthwise. Remove stem (and associated white core) and seeds. Slice each half into thin strips lengthwise. Heat olive oil in 12" skillet over lowest possible setting. Place sliced peppers in skillet and cook for 1 ½ to 2 hours over lowest possible heat. Stir peppers occasionally. Add salt and pepper after 45 minutes.

May be served warm or at room temperature.