

# HOW TO ROAST PEPPERS

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Follow step-by-step, photo illustrated instructions and learn how to roast peppers in your oven.

Roasting peppers is a great way to preserve some of the summers bounty of peppers, and you'll find lots of uses for them in the weeks ahead. We're roasting these to use as a pizza topping and we'll show you just how easy it is to do. Printable recipe included.



## HOW TO ROAST PEPPERS

**How To Roast Peppers:** Another tip and technique from Taste of Southern.

A friend gave me a couple of really pretty Bell Peppers a few days ago. Most of them were red but I did get a yellow one in the bunch and I just love how bright the colors are.

Bell Peppers seem to be getting more and more expensive lately. I've mentioned it before but when I can get them during the summer, when they are cheaper, I chop up a good number of them and place them in the freezer. That way, I can just pull out what I need for a recipe and keep on cooking. Yes, fresh is great, but when they get up to about \$1.50 each during the winter, I don't mind using the frozen ones in the freezer.

Sometimes, I find those little plastic boxes of them already cut up in the super market. They have some diced, and some sliced for stir fry along with some diced onions near the fresh produce where I shop. I always check them out and often find some reduced in price. I can't seem to resist them when they are reduced. Is it just me? I'll bring them home and spread them out on a baking sheet, pop it in the freezer for about 30 minutes, then place them in a plastic bag and keep them frozen. If I could only be that frugal on some other things, I might would do OK.

So, I decided I'd do a little quick post on how to Roast Peppers in the oven. Once you're done, you can store them in some Olive Oil and use them for salads, pizza toppings, in pasta, in spaghetti, in



So, next time you find some reasonably priced Bell Peppers, pick up a few extra and try roasting them in your oven. I'm going to use these for topping on a pizza very soon. I think you'll like them if you give it a try. Ready to roast some peppers? Alright then... Let's Get Cooking!



**Roasted Peppers:** You'll need these ingredients.



You'll need to give the peppers a quick rinse under cold running water.





Dry the peppers and then cut each one in half.



Remove the stems and seeds from each half.





Next, remove the "pith," or that white looking membrane from inside the peppers. Just cut it out with a paring knife.



Place the cleaned peppers in a mixing bowl.





Pour a couple of Tablespoons of Vegetable Oil over the peppers.



Use your fingers and rub the Vegetable Oil over the outside and the inside of each pepper.





Sprinkle on a little bit of Salt. Not much, just a light coat over all the peppers.



Do the same with the Black Pepper.





Spread the peppers out on a baking sheet, skin side up.



**ROAST AT 450°**  
**10-15 MINUTES**  
**OR UNTIL TENDER AND CHARRED ON TOP**

Place the pan in the oven and let them roast about 10-15 minutes or until they are tender and lightly charred on top.



Don't let them burn, just get a little charred coating on the skin of each one... like this.



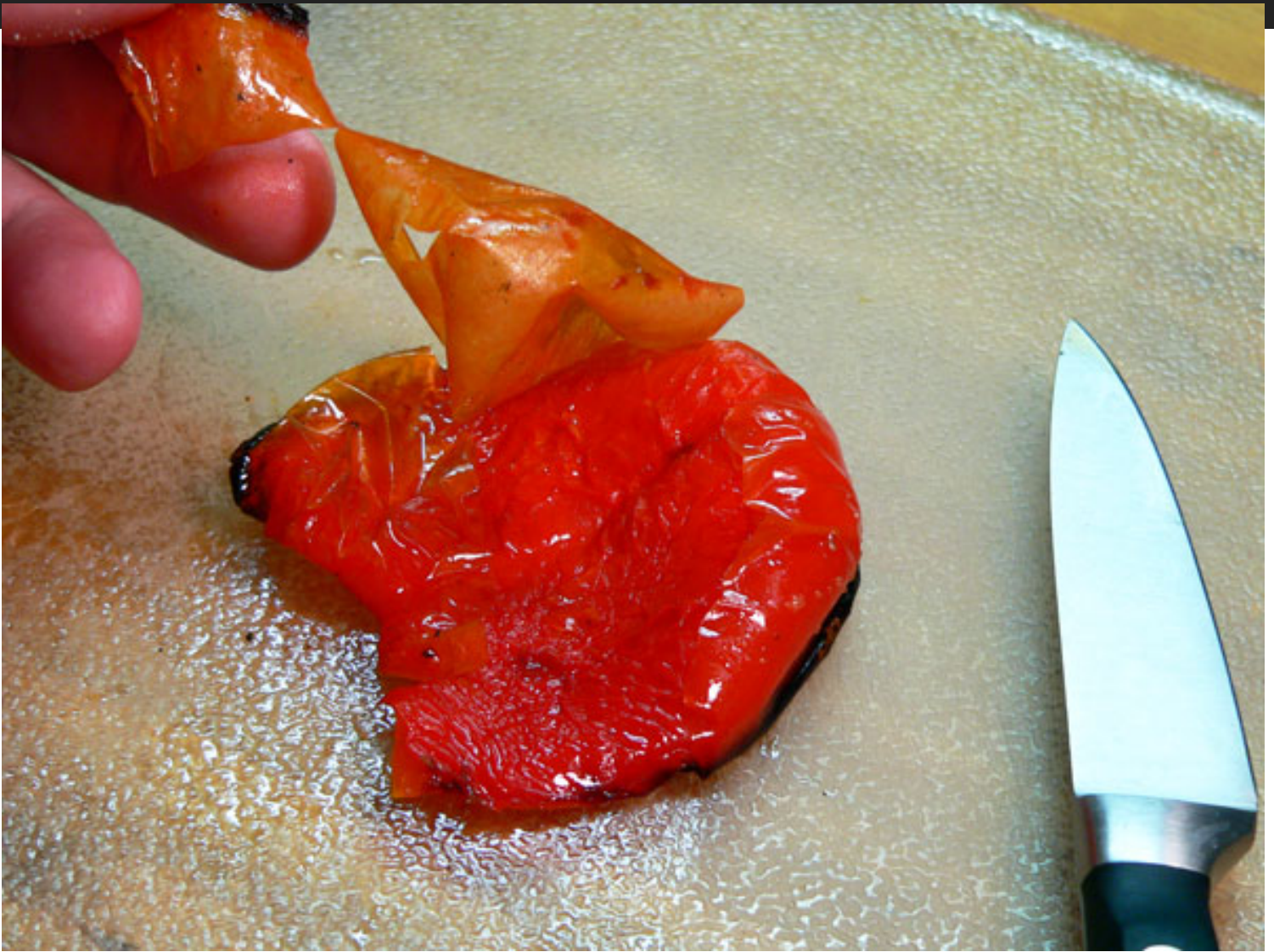


Place the hot roasted peppers back in your large mixing bowl.



Cover the bowl with plastic wrap and set aside to let the peppers cool.





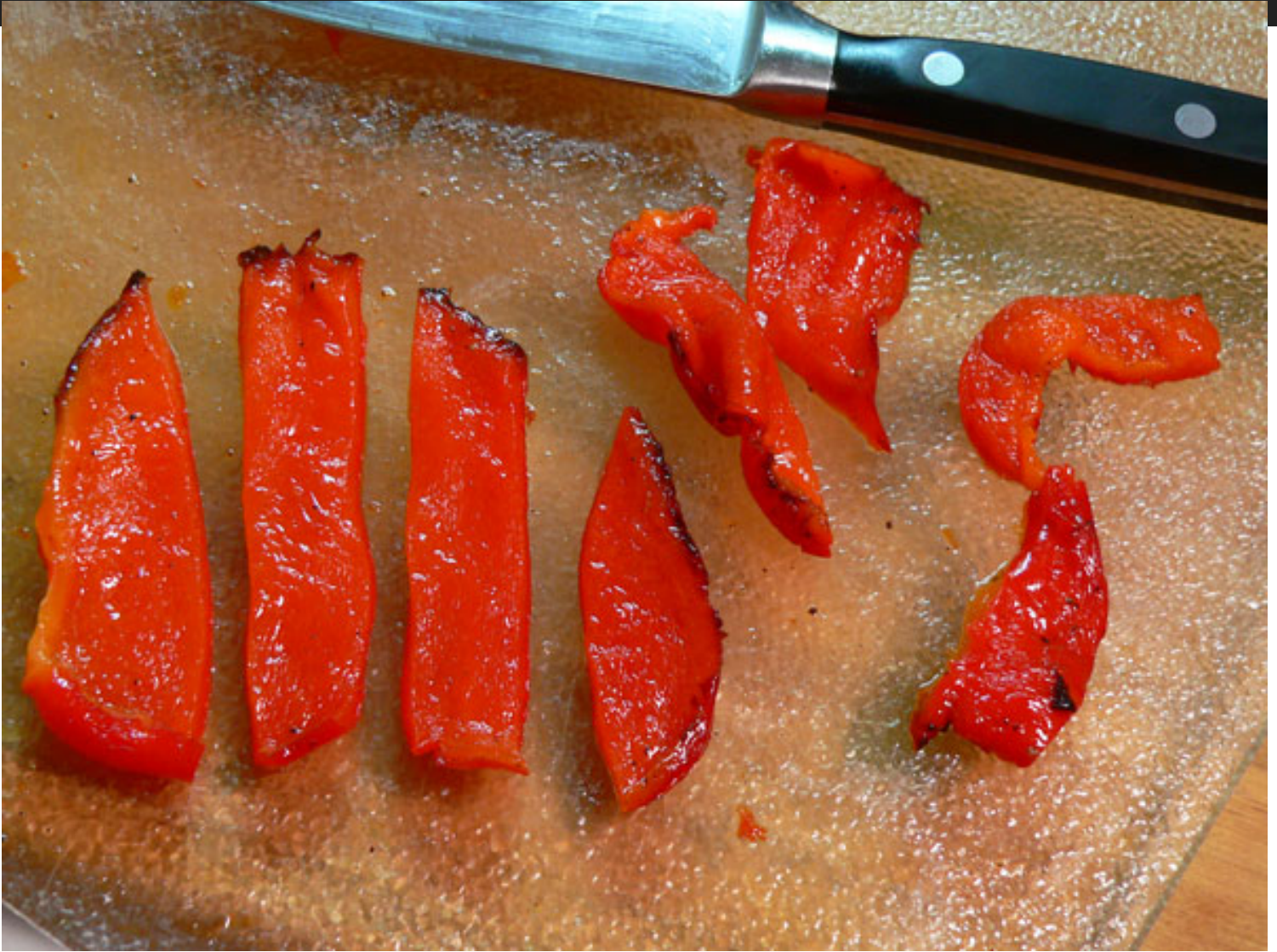
Once the peppers have cooled, you should be able to easily peel away the outer skin from each one. If it doesn't just slip right off, use your paring knife to help peel it away. You might even need to scrape them lightly with the knife to get them good and clean.





Remove the skins from all of the peppers.





Carefully slice each pepper. The peppers are ready to be used. Or...



You can save them for use later by placing the sliced peppers in a Mason jar and covering them with more Olive Oil.





Just cover them with some Extra Virgin Olive Oil. Put a lid on the jar and set them in your refrigerator.

NOTE: The roasted peppers should be used within a week or two of adding the Olive Oil and refrigerating them. The oil will get cold and thicken up but when you're ready to use them, sit them on the counter until the oil warms back up.



Enjoy!