



Roasted Capsicums

Name of dish:	Roasted Capsicums	
Cooking Temperature:	250°C	
Cooking method:	Roasting	Preparation Time: 5mins
Number of portions:	N/A	Cooking Time: 15mins
		Time total: 30mins



Ingredients

Method

Item	Amount	UOM- Kg/MI/Each		
Capsicum	6	ea		1
Salad Oil	100	ml		
Garlic (whole peeled)	5	cloves		2
Thyme	½	bunch		
Olive oil	500	ml		3
				4
				5

Coat capsicum in salad oil and place on an oven tray.

Place in hot oven until skin blisters and darkens significantly.

Remove and place in a plastic bag tied securely, leave to sweat.

When cooled the skin can be scraped from the flesh and the seeds removed.

When cleaned place in a clean container cover with olive oil, garlic and thyme.