

View from the Fridge – Recipes from Brian Donkin

Recipe # 69 – Red Pepper and Cherry Tomato Coulis

Preparation time: 10 min – Cooking time: 30 mins

Ingredients

1 whole red pepper
10 cherry tomatoes halved
3 cloves of garlic pureed
Salt and pepper
Tsp of sugar
3 Tblsp of olive oil
Wine glass of water

Method

1. Place whole pepper in frying pan (do not remove seeds or stalk!)
2. Rub with oil
3. Put in hot oven (200 degrees) for 10 minutes
4. Place remaining olive oil in pot with pureed garlic
5. Cook for 30 seconds then add tomatoes
6. Cook for a further 3 minutes then add wine glass of water
7. Bring to boil and simmer for 7 minutes
8. Remove pepper from oven, cut into quarters and place in pot
9. Simmer over low heat for 20 mins
10. Take from heat and force through sieve
11. Serve immediately

Serves 3

