

Rachel Roddy's recipe for peperonata with sausages



Peperonata with sausages – *peperonata con la salsiccia*

Serves 4

1 large onion, peeled and sliced

1 garlic clove, peeled and squashed (but left whole)

6 tbsp olive oil

Salt and black pepper

2 red peppers, trimmed, deseeded and cut into thick strips

2 yellow peppers, trimmed, deseeded and cut into thick strips

6 ripe tomatoes, or 1 x 400g tin whole plum tomatoes

8 good pork sausages

Red-wine vinegar – optional

A pinch of sugar – optional

In a heavy-based pan on a medium-low heat, fry the onion and garlic in the olive oil with a pinch of salt, until the onion starts to soften and turn translucent. Add the peppers, stir for a minute or two, then cover the pan and cook for 15 minutes, lifting the lid and stirring every now and then, until peppers soften and give off liquid.

If you are using fresh tomatoes (and can be bothered), peel them by plunging into boiling water for a minute, then cold, at which point the skins should slip off easily, then roughly chop; if using tinned, crush them. Add the tomatoes to the peppers and leave to cook, uncovered, at a steady bubble for 30-40 minutes, until the peperonata is soft, rich and thick. Season to taste.

In a separate pan, fry the sausages in a little oil until they are well-coloured and almost cooked through, then tip into the peppers so they

can finish cooking – the best way to see if the sausages are cooked through is to cut one in half and taste. Some recipes suggest cutting them all in half, so the peperonata can take hold. You decide. . Season again to taste, adding a little vinegar and/or sugar if the sauce needs balancing, then serve.

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