



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

CAPSICUM



AVAILABLE

All year. Best from Jan-April.

STORE

In the fridge. Up to two weeks.

At room temperature for 3-4 days.

EAT

Raw or cooked.

PREPARE

1. Wash in running water.
2. Cut in half.
3. Remove seeds and membrane.
4. Slice or dice.

COOK

Barbeque: cut into quarters, remove seeds and grill.

Grill: Medium heat. Coat whole peppers with olive oil or cooking spray. Grill for 25-30 minutes (large peppers) or 8 to 12 minutes (smaller peppers). Turn peppers regularly during cooking.

Microwave: High. In a covered dish with 1T of water. 2 minutes per 1 cup (250 ml) of peppers. Stir once during microwaving.

Roast: Whole. 220 °C. About 20 minutes, until the skin is blistered and blackened. Place in a plastic bag. When cool, remove skin, seeds and membrane. Slice. Add to salads and salsa or serve as a side dish.

StirFry: 4-7 minutes, or until crisptender.

Steam: 10-15 minutes.

AVOID WASTE

Freeze: Diced/sliced in a plastic bag. Loses crunchy texture when thawed, but suitable for cooking.

TASTY IDEAS

- Eat raw with dips and/or hummus.
- Add sliced/diced capsicums to salads, pizza, kebabs, stir-fries or casseroles.
- Stuffed capsicums: Remove top. Scoop out seeds and membrane. Stuff with leftovercooked rice and diced vegetables. Bake 45mins. 180°C.

Flavour match: feta, ricotta, lamb, fish, chicken, olives, capers, tomatoes, basil, coriander and lemon.