

VS07

FRIED PATRÓN PEPPERS

Serves 4-5



- Extra virgin olive oil – 50ml
- Fresh Padrón peppers – 200g
- Sea salt flakes

1. Put the olive oil in a wide frying pan over high heat and heat until it is just at smoking point.

2. Add the peppers (carefully, because the oil will be very hot) and stir with a long – handled spoon in case any spit and burn your hand. In hot oil, they should be cooked in 1 minute.

The idea is to blister the skin of the peppers fairly quickly so they still have a fresh pepper flavour on the inside, with a lovely crisp, fried exterior.

3. Remove from the pan, drain on kitchen paper and sprinkle with salt flakes

Enjoy