

Delicious slow-cooked peppers



This rich and delicious dish is also known as 'be ar paprikaš'.

"These slow-cooked peppers are so intensely sweet, I guarantee they'll stop you in your tracks," says Georgina Hayden, author of new plant-based cookbook, *Nistisima*.

"You'll often find different proteins cooked amongst the peppers – pork being a popular choice, chicken and eggs too – but during times of fasting they are cooked straight up. And to be honest, you don't miss the meat at all."

None of the recipes in the book are overly complex and hard to follow – Georgina is Jamie Oliver's protégée, after all.

She recently reunited with her former boss as a judge on Channel 4's Great Cookbook Challenge With Jamie Oliver, and calls him "such an amazing mentor".

Georgina adds: "He taught me so much – he has always put the home cook at the forefront when he's thinking about things, and he's essentially taught me how to write a good recipe."

INGREDIENTS (Serves 4)

4 onions
4 garlic cloves
10 peppers, a mixture of red, yellow and orange ones
5 ripe tomatoes
100ml sunflower oil
Sea salt and freshly ground black pepper
A few flat-leaf parsley sprigs, optional

METHOD

1 Peel and finely slice the onions and garlic. Halve the peppers, remove and discard the core and seeds, and cut into even sized pieces, around 2-3cm. Score a cross in the top of the tomatoes, place in a heatproof bowl (or pan) and cover with boiling water. Leave for a minute or two, until the skin starts to come away from the flesh, and drain. Peel the tomatoes and then roughly slice or chop the flesh.

2 Place a wide flameproof casserole on a medium heat, drizzle in the sunflower oil and add all the ingredients (not the parsley). Season generously, with a teaspoon each of salt and pepper, and start to fry. After 10 minutes, reduce the heat to low and fry for around one-and-a-half to two hours. Stir occasionally, until you have a thick, rich and meltingly soft stew. Taste and tweak the seasoning as necessary, then serve, scattered with chopped parsley if you like.

● *Nistisima: The Secret To Delicious Vegan Cooking From The Mediterranean And Beyond* by Georgina Hayden is published by Bloomsbury, priced £26.

