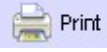


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Where you can find a pick-your-own farm near you!

Click on the printer icon that looks like this:  (at the top left, to the right of "save a copy") to print!
See www.pickyourown.org/allaboutcanning.htm for many other canning directions and recipes

How to Make Homemade Roasted Peppers using hot or sweet peppers, including Bell, banana, chilies, jalapeno, and pimiento's

Roasted peppers are expensive in the grocery stores; but they're EASY to make at home! Here's how to make your own roasted peppers! The directions are complete with instructions in easy steps and completely illustrated. While it is not considered safe by the USDA, FDA and University food science labs to can them at home, you can refrigerate them or freeze them!

Prepared this way, the roasted peppers have a fridge shelf life of about 2 months.

Directions for Making Roasted Peppers

Ingredients and Equipment

- Peppers (see step 1)
 - Gas or charcoal grill or an oven or a stovetop (called a "cooker" in the U.K.)
 - Tongs
- Optional:
- Seasoning: herbs d' Provence, Italian spices, basil, Thyme, whatever you like!
- Rubber or latex gloves (if your skin is sensitive to capsicum!)

Recipe and Directions

Step 1 - Selecting the peppers

The most important step! You need peppers that are FRESH and crisp. Limp, old peppers will make nasty tasting roasted peppers. Guests will probably throw them at you.. Select filled but tender, firm, crisp peppers. Remove and discard any soft, diseased, spotted and rusty pods. Select small peppers, preferably 1 inch to 1 and 1/4 inch in diameter. Larger peppers are often too fibrous and tough.

How many peppers and where to get them



Hot pepper caution: If you are using hot peppers, wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes. Hot peppers can burn your eyes and skin - ever heard of pepper spray?

You can grow your own, pick your own, or buy them at the grocery store. An average of 9 pounds is needed per canner load of 9 pints jars. A bushel of peppers weighs 25 pounds and yields 20 to 30 pints canned; an average of 1 pound per pint

Step 2 - Wash the peppers!

I'm sure you can figure out how to rinse the peppers in plain cold or lukewarm water.



Step 3 - Cut the stem end off the peppers and remove the seeds

Small peppers may be left whole. Large peppers may be quartered. Remove cores and seeds. Slash two or four slits in each pepper

Step 4 - Blister the peppers

Peppers have a skin that turns REALLY tough when you can the peppers, so you've got to remove the skin before canning. Fortunately, there is an easy trick to remove the skins. It's called "blistering". Just heat up a fry pan to medium hot, and lay the peppers in there skin side down. In just a few minutes, the skin will start bubble up and darken - that's blistering - once cooled, the skin peels off easily by hand.



Here are some other methods for how to blister peppers:



Outdoor grill method: this is the easiest method - Place peppers on a charcoal or gas grill about 5 to 6 inches above glowing coals; using tongs carefully turn peppers frequently (skin side down if they are cut up), exposing all surfaces to the heat source until skin blisters evenly on all sides.

Oven or broiler method: Place peppers in a hot oven or broiler set at 400° to 450°F (205° to 232°C) for 6 to 8 minutes; using tongs carefully turn pepper often until skin blisters evenly on all sides.

Microwave oven method: Place peppers in a microwave safe dish; cover with secure air-tight lid to allow for steam build up. Place container on rotating plate in the center of the oven, then microwave for 7 to 8 minutes depending the oven wattage and power level (settings may vary depending on microwave oven used). The blistering is not visible with this method. However, the skin will have a tougher, more brittle texture compared to the raw pepper. Allow steam to fully develop in the covered container for 1 to 2 minutes after microwave cooking. Caution: The hot steam will be released from container when the lid is opened - don't get burned!

Stove top method: Place peppers on wire mesh over a hot electric or gas burner; using tongs carefully turn peppers frequently, exposing all surfaces to the heat source until skin blisters evenly on all sides.



Step 4 - Allow the peppers to cool

Allow them to cool until you can comfortably handle them (about 20 to 30 minutes). You don't want to burn your hands, do you? Allow the peppers to cool by placing them in a pan and cover with a damp cloth. This will make peeling the peppers easier.

Step 5 - Peeling the Peppers

Then pull the blistered skin off the rest of the pepper with a gentle tug and an occasional rinse with water. In areas of the pepper where the blistering was not complete, just scrape the skin off with a knife or vegetable peeler.



Step 6 - Finish up!

You can rinse the peppers under the faucet to get off any remaining seeds or debris, if you wish, or just scrape them with a knife! they're ready to eat! You can also season them with olive oil and spices, typically Italian seasonings like oregano, thyme, basil!

Keep them in the refrigerator for up to 2 months, or freeze them in ziploc bags (or better still, vacuum bags)!