

GRILLED PEPPERS



Tested on model:
CDT-107E



Weight before cooking:
4.850 g
Weight after cooking:
3.650 g



Servings:
25



Recommended tray or
grill:
4 double face t. GN 1/1



Total time:
18'

PHASE									
1		20%	195°	18'	---	---	H	YES	O
2									
3									
4									
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6									

INGREDIENTS

Red and yellow peppers: 6.000 g
Olive oil: 80 g
Salt and pepper: 15 g

PREPARATION

Wash the peppers, cut them into four parts and remove the seeds and the white inner part.

Preheat the oven.

Season the peppers with oil, salt and pepper and place them on the tray on its smooth side.

Put the trays in the oven and cook following the parameters.
At the end of cooking, chill the peppers.

They can be served as side dish seasoned with garlic and fresh minced parsley.