

The Travelling Jar



BELL PEPPER

The pepper, like tomatoes, eggplants, and potatoes, belongs to the Solanaceae family. This vegetable is a favorite in our kitchens, whether raw or cooked, sautéed, or on pizzas. Green peppers are harvested before they are ripe, which is why they are slightly less sweet than colored peppers that have had time to ripen in the warmth of the sun.

Store it as soon as you buy it!

- Raw, whole, and unwashed in the vegetable drawer for a few days.
- Cooked and cut in the fridge, for a few days.



Make reserves!
From mid-July to late October.

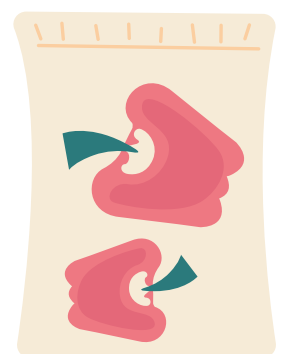
ENJOY IT ALL YEAR ROUND!



By freezing it!

Wash, cut as desired, and blanch for 2-3 minutes. Freeze in an airtight container or bag. It can be stored for up to 6 months.

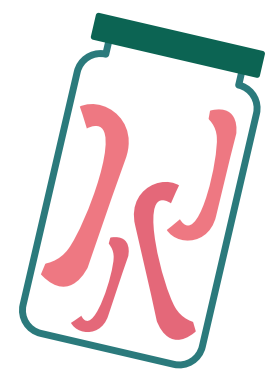
Recipe ideas: *sauté, hummus, sandwiches (grilled peppers).*



By dehydrating it!

Wash and cut into cubes or strips. Dry and spread out flat. In the oven, set to the lowest temperature for 8 to 12 hours. In a dehydrator, set to 125°F for 9 to 13 hours. It can be stored for 6 to 12 months.

Recipe ideas: *as is in sandwiches, soup, quiche.*



By canning it!

Marinate according to your favorite recipe instructions, can, and proceed with pasteurization.

Recipe ideas: *to enjoy as is, sandwiches, pizzas.*



The dehydration instructions are from the Hamilton Beach dehydrator manual. Please verify your own and rely on texture!