

More than 1 hour

Makes about 2-3 cups each

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Ingredients:

Confit slow roasted tomatoes

- 2.5kg salad tomatoes, quartered
- Salt and milled pepper
- 1/3 cup (80ml) olive oil + extra for topping up
- 1/3 cup (80ml) balsamic vinegar
- 3 Tbsp (45ml) sugar
- 7 cloves garlic, sliced
- ½ punnet (10g) fresh thyme or origanum, leaves picked
- Handful fresh basil leaves

Confit peppers

- 4 packets (about 1.1kg) Palermo peppers
- 1 cup (250ml) olive oil
- 3 cloves garlic, halved
- 4 sprigs fresh origanum
- 2 strips lemon peel

Confit garlic

- 2 bulbs garlic, cloves peeled
- 1½ cups (375ml) olive oil blend
- Handful thyme and/ or rosemary leaves
- Pinch salt

Method

Confit slow roasted tomatoes

1. Arrange tomatoes in a single layer on 2-3 baking trays (take care not to overcrowd them). Season, then drizzle with oil and balsamic.
2. Sprinkle with sugar, garlic and herbs.
3. Roast at 150°C for 60-75 minutes or until tomatoes have gone soft and slightly

caramelised. Place tomatoes in sterilised jars while hot, and top up with room-temperature olive oil. Cool down at room temperature.

4. Tap jars so that any air bubbles escape to the top.
5. Seal jars and refrigerate.
6. Use within 2 weeks.

Confit peppers

1. Grill the whole peppers over an open gas hob until almost blackened all over. (You can also do this under an oven grill at 220°C.)
2. Place in a bowl, cover with clingwrap and set aside for 10 minutes.
3. Remove skins - they should slide off easily.
4. Halve peppers, discard seeds and place flesh in sterilised jars.
5. Heat olive oil, garlic, origanum and lemon peel in a pan over medium-low heat for 5-10 minutes to infuse.
6. Pour flavoured oil into jars, submerging peppers completely.
7. Cool, seal and place in the fridge.
8. Use within 3-4 weeks.

Confit garlic

1. Place garlic cloves and herbs in a small oven dish and submerge completely in oil.
2. Cover with foil and roast at 130°C for 80-90 minutes until soft.
3. Place hot oil and garlic cloves into two sterilised 250ml jars. (If not filling, top with a circle of baking paper to keep it airtight.)
4. Cool down at room temperature.
5. Keeps in the fridge for 2-3 weeks.