

## Broiler

The fierce direct heat of the broiler is a fast way of cooking, and is particularly healthy, as there is no addition of oil, unless it is added to the ingredient. For meat and fish, follow steps 1 and 2, and make sure they are cooked through before removing from the broiler.



**1** Line the broiler pan with aluminum foil, then replace the wire rack. Turn the broiler to high. Brush the peppers evenly with olive oil, and sit them on the rack.



**2** Cook the peppers under the hot broiler for 5–8 minutes, until they begin to blacken slightly, and the skin starts to blister. Carefully turn, and cook for another 5–8 minutes, until blistered all over.

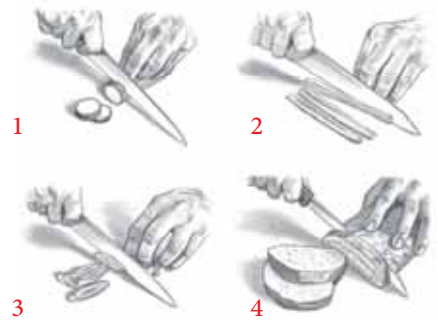


**3** Remove the peppers from the heat and put them in a plastic bag. Seal, and leave to cool. The steam will help the removal of the skins. To prepare, remove the peppers from the bag, pull away the stem, remove the seeds, and peel away the skin.

## SLICING

There are many ways of slicing, though they all require you to keep your nonknife fingers out of the way (some people call this position “the claw”).

- (1) For round vegetables like cucumbers or zucchini, you can just cut across.
- (2) Or you can cut into long strips or (3) on an angle, for attractive ovals.
- (4) To slice bread, use a serrated knife (a “bread knife”) and a sawing motion.



### Stir-frys

Stir-frys require quick work; have all ingredients prepared, chopped, or sliced before starting. You can use your own selection of vegetables— just remember to add them in the right order, with the ones that require longer cooking going in first.

