

THE STOP LIGHT QUINTOLOGY

This started out as a part of my “The Great Sausage Sub” experiment. Many, many years ago when I started playing around with sausage subs, I always fried the peppers, onions, and mushrooms, but I never really LOVED them because they were too greasy. I eventually moved on to steaming them which worked out great, but it was missing a little something. Enter the year 2020 (or maybe it was 2019) when I started getting into roasting veggies. Eventually the dim light bulb in my head fizzled on and I said to myself, “Self! Let’s try roasting the peppers, onions, and mushrooms for the sausage subs!” and WOW, did that work! And ya know what? It works great for pizza too! I was going to put this in the Roasted Vegetables section, but I thought it was just too important, and a little too involved, for it to not be on its own.

Update 2020-05-03 (Sunday):

So I tweaked things a little bit. Nothing TOO terribly complicated BUT the veggies are now added to the oven in stages in order to get just the right cook on each of the vegetables. Feel free to adjust based on your preferences!

INGREDIENTS

| <u>Qty.</u> | <u>Unit</u> | <u>Item</u> |
|-------------|------------------|---|
| 1 | ----- | Medium to Medium-Large Red Bell Pepper |
| 1 | ----- | Medium to Medium-Large Yellow Bell Pepper |
| 1 | ----- | Medium to Medium-Large Green Bell Pepper |
| 1 | ----- | Medium to Medium-Large Red Onion |
| 2 | 8 oz. Package | Plain ol’ Generic Mushrooms |
| AR | ----- | Extra-Virgin Olive Oil of Choice |
| AR | ----- | Light Olive Oil of Choice |
| AR | ----- | Kosher Salt |
| AR | ----- | Fresh Ground Black Pepper |

There are those who say that EVO is wasted on most cooking and roasting, but I tried it and liked it!

SPECIAL TOOLS

- NONE!

PREPARATION

- 1) Pre-heat oven to 425 deg. F
- 2) Rinse peppers, onions, and mushrooms [iii] and pat dry
- 3) For each pepper [i]
 - a. Cut around the stem at the top of the pepper and pull it out

- b. Slice the pepper in half, and remove the seeds and white ribs
 - c. Slice peppers into ~ 1cm strips
- 4) Split the peppers into 3 even portions [ii] with as even color distribution as possible
- 5) Cut off the root and stem ends of the onion
- 6) Remove the outer skin
- 7) Cut from root to stem into ~ 1 cm wedges
- 8) Separate the layers and remove as much of the paper skin from between layers as is practical
- 9) Split into 3 even portions [ii]
- 10) Slice mushrooms into about 1 cm slices
- 11) Split into 3 even portions [ii]
- 12) Lightly grease a 15 in. X 10 in. (or larger) cookie sheet with light olive oil
- 13) Toss one portion of the peppers in a glass bowl with EVO
- 14) Toss in kosher salt to taste
- 15) Toss in fresh ground black pepper to taste
- 16) Spread peppers over the cookie sheet (DO NOT CROWD!)
- 17) Put the peppers in the oven and set the timer for 2 minutes.
- 18) In the meantime
 - a. Toss one portion of the mushrooms in a glass bowl with EVO
 - b. Toss in kosher salt to taste
 - c. Toss in fresh ground black pepper to taste
- 19) When the 2 minute timer has expired, pull the cookie sheet and add the mushrooms evenly across the cookie sheet
- 20) Put the peppers and mushrooms back in the oven and set the timer for 5 minutes
- 21) In the meantime
 - a. Toss one portion of the red onion in a glass bowl with EVO
 - b. Toss in kosher salt to taste
 - c. Toss in fresh ground black pepper to taste
- 22) When the 5 minute timer has expired, pull the cookie sheet and add the red onions evenly across the cookie sheet
- 23) Put the peppers, mushrooms, and red onions back in the oven and set the timer for 10 minutes
- 24) When the 10 minute timer has expired, pull the cookie sheet and stir the veggies with a wood spoon
- 25) Put the peppers, mushrooms, and red onions back in the oven and set the timer for 15 minutes (more or less depending on your preferred level of char)
- 26) Pull out of the oven and let cool for a few minutes
- 27) ENJOY!

- 28) Vac seal and refrigerate the portions you are not going to use that night. Freeze them if it is going to be longer before you get to them
- 29) Thaw frozen pepper, onions, and mushrooms in the fridge overnight
- 30) Let thawed or refrigerated peppers, onions, and mushrooms sit at room temperature for 30 minutes before proceeding to step 12.

NOTES

- i. OK, this is probably the LEAST efficient way EVER to slice bell peppers, but I wanted to maximize the length of the pepper strips
- ii. Why split into 3 even portions at each step? Well, if I mix them all together THEN split into three portions, I never seem to get a good even distribution of peppers, onion, and mushrooms in each. One always seems to be mushroom heavy, one pepper heavy, and one onion heavy.
- iii. There are those who say you should not rinse mushrooms, but just brush off the dirt. Given what mushrooms are grown in, I prefer to rinse them, but I have never done the rinse vs no rinse experiment.
- iv. Keep a light hand on this; you don't want too much. On the third hand, it is "to taste"
- v. If cooking more than one portion at a time, make sure you rotate the cookie sheets and swap their positions in the oven throughout the process to ensure even cooking
You may need to alter the cook times as well depending on your oven

PICTURES













