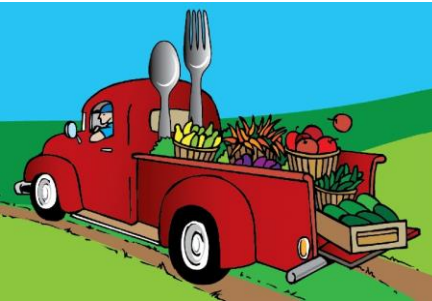




today's main ingredient

A  LOCAL FOOD PODCAST



Mozzarella with Oven-Roasted Tomatoes & Peppers

Mozzarella is an Italian cheese that's traditionally made from the milk of water buffalo. Government-regulated, official "Mozzarella di Bufala Campana" can be produced only by using a traditional recipe in the regions of Apulia, Campania, Lazio, and Molise. In the U.S. today, mozzarella is made from cow's milk, and true Buffalo Mozzarella can only be found here at specialty shops, high-end cheese shops, and upscale Italian restaurants. In Italy, if you want fresh cow's milk made in the style of mozzarella, ask for "fior di latte."

INGREDIENTS – 6 to 8 servings

1 pound fresh mozzarella, sliced
2 to 3 sweet red bell peppers
4 to 6 plum tomatoes
Extra-virgin olive oil
Fresh basil leaves
Balsamic vinegar
Sea salt or kosher salt
Cracked black pepper

STEP 1 – Roast the sweet red peppers following one of the 4 methods described on the [Episode 14 webpage for "How to Roast a Pepper"](#). Reserve the liquid from the bottom of the resting bowl.

STEP 2 – Cut the tomatoes in half lengthwise. Roast them in a 275-degree oven skin side down on a baking sheet, drizzled with olive oil, and optionally sprinkled with a little minced garlic, a scant teaspoon sugar, and a chopped fresh herb of your choice. Roast for about 2 hours until the tomatoes shrivel but are still moist.

STEP 3 – On a large platter, arrange the tomatoes and peppers side by side overlapping in an attractive manner. Spoon some of the pepper and tomato roasting juices over the arranged peppers and tomatoes. Tuck the basil leaves in among the peppers and tomatoes. In the center of the platter, arrange the sliced mozzarella in an attractive manner. Drizzle the olive oil over the cheese and the tomatoes and peppers. Drizzle just a little of the balsamic over the tomato mixture. Sprinkle the dish with some salt & cracked black pepper and serve!

Adapted from <https://www.italianfoodforever.com/>