

Basque Piperade

Peppers and tomatoes stewed soft, then folded with eggs, Basque farmhouse style

SERVES

2

PREP

18 min

COOK

38 min

LEVEL

Easy

PER SERVING

360 kcal, 16 g protein

Ingredients

4 large (about 200 g) eggs

2 tbsp (30 ml) olive oil

1 medium (150 g), thinly sliced onion

2 cloves (6 g), finely chopped garlic

1 medium (150 g), thinly sliced green bell pepper

1 medium (150 g), thinly sliced red bell pepper

3 medium (400 g), peeled, chopped ripe tomatoes

1/2 tsp (1 g) paprika (or piment d'Espelette)

1/4 tsp (1.5 g), plus more to taste salt

1/4 tsp (0.5 g) black pepper

small handful (5 g), chopped fresh parsley

Method

- 1 Bring a small pot of water to a boil. Score a shallow X in the base of each tomato, dunk for 30 seconds, then lift into cold water and slip off the skins. Chop the flesh.
- 2 Warm the olive oil in a wide, uncovered pan over medium low heat. Add the onion and cook, stirring often, until soft, glassy and not browned, 8 to 10 minutes.
- 3 Keep the pan uncovered over medium low heat. Add the garlic, green pepper and red pepper. Cook, stirring often, until the strips are fully soft and starting to collapse at edges, 10 to 12 minutes.
- 4 Stir in the tomatoes, paprika, salt and black pepper. Keep the pan uncovered over medium low heat and simmer, stirring now and then, until it turns into a thick, jammy sauce with no watery pool, 15 to 18 minutes.
- 5 Crack the eggs into a bowl and beat lightly with a fork, just until the yolks and whites are combined, no more.
- 6 Lower the heat, pour the eggs over the pepper and tomato mixture, and stir gently and constantly with a wooden spoon.
- 7 Take the pan off the heat as soon as the eggs turn from liquid to soft, barely set curds throughout, 2 to 3 minutes; they firm up more off the heat. Scatter parsley on top and serve at once.

CHEF TIP

Pull the pan off the heat while the eggs still look a touch wet, the residual warmth finishes them without turning them rubbery.

WHY A GOOD EGG SHOWS HERE

A good egg turns this from a vegetable stew into a real meal, the rich golden yolk melting through the peppers and tomatoes for a silkier, more savoury bite.



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