

Escalivada

From the blog For Love of the Table

1 medium Red Onion (about 6 oz.)
1 medium to large Eggplant (3/4 to 1 lb.)
1 or 2 Red Bell Peppers (about 1/2 lb.)
2 medium Tomatoes (about 10 oz.)
1/4 c. olive oil, plus more for brushing vegetables
1 T. sherry vinegar
1 large or 2 small cloves garlic, smashed to a purée with a pinch of salt
1 t. fresh Lemon Juice (optional)
Salt & Pepper
1 to 2 T. minced flat-leaf parsley

Preheat the oven to 400°F. Rub the vegetables with a light coating of olive oil. Prick the eggplant several times with a fork or sharp knife. Place the onions, peppers, eggplant and tomatoes on a baking sheet or in a baking dish and place in the oven.

The vegetables will take differing amounts of time to cook. Be prepared to remove them as they are ready. The tomatoes, peppers & eggplant will take about 40 to 45 minutes (maybe a bit less for the peppers and tomatoes...a bit more for the eggplant). The eggplant should be soft—a knife will easily penetrate to the center. The peppers and tomatoes should have blistered, cracked skin and they should be tender. The onions will take a total of 1 to 1 1/4 hours until they are tender. Turn the vegetables occasionally as they roast.

While the vegetables roast, combine the garlic and vinegar in a small bowl and whisk to combine. Season with salt. Add the oil in a thin stream, while whisking constantly. If you like, whisk in the lemon juice. Taste and correct the seasoning.

As the vegetables finish roasting, set them aside to cool until they can be comfortably handled. Peel the eggplant and place in a colander to drain if there is an excessive amount of liquid; discard the liquid (it can be quite bitter) and cut the flesh into 1 1/2 inch cubes (see the photo above). Peel and seed the peppers, collecting and reserving the liquid from the peppers; cut the peppers into wide strips, halving the strips horizontally if they are very long. Peel and core the tomatoes; tear each into 4 or 5 pieces, collecting and reserving their juices. Peel and top and tail the onion. Halve the onion lengthwise and cut lengthwise into 1/2-inch strips.

Place all of the vegetables in a bowl. Toss with enough vinaigrette to generously moisten all of the vegetables. If you like, add some of the pepper and tomato liquid back to the vegetables (as long as doing so doesn't make them too watery). Season well with salt. Stir in the parsley.

Let the salad sit at room temperature for at least an hour before serving. Escalivada may be served warm or at room temperature. You will find some sources that frown on serving it cold, but I think

it is delicious cold. As a tapa, serve as a salad or a topping for grilled bread. It also makes a good side dish. Makes about 2 cups, serving 4.

<https://www.forloveofthetable.com/2010/08/catalan-roasted-eggplant-pepper-tomato.html>

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