Romesco Sauce

Last Updated Friday, 06 November 2009

Romesco sauce: great with char grilled swordfish, barbecued chicken or steak

- 3 tablespoons extra virgin olive oil
- 4 cloves garlic, peeled and thinly sliced
- 75g (3oz) blanched almonds
- 2 ripe red peppers
- 1 medium onion, peeled and finely chopped
- 200g ripe plum tomatoes, diced
- Zest and juice of 1 orange
- 1 packet of fresh coriander

Method

Heat 2 tablespoons of the oil in a heavy based pan on a low heat. Add the garlic and cook gently until light brown in colour. Remove with a straining spoon and keep on one side. Add the almonds to the oil increase the heat slightly and cook, stirring until the almonds are golden (about 3 minutes). Remove the almonds and keep with the garlic.

Add 1 tablespoon of olive oil to the pan, put on a medium low heat and add the peppers and onions. Cook for 15 minutes stirring occasionally to soften the vegetables. Add the tomatoes, orange juice and zest. Season with salt and pepper. Cook out for 5 minutes to blend the flavours.

Add the reserved garlic and almonds. Cook for a couple of minutes to warm them through. Stir in the washed and picked coriander leaves. Blend with a stick blender or in a liquidiser.