



May 5, 2017

"Growing Tomatillos and Peppers Organically in Your Home Garden"

Tapas Peppers

Spanish
Padron

*or Pimiento de
Padron (Padron Pepper)*

For information about workshops and other activities at NDOG (Nashville Demonstration Organic Garden), visit

<http://nashvillear.com/attractions/farmers-market/>

or contact Gerry Wenta at (903) 278-6716 or Debra

Bolding at (870) 557-2352

or visit NDOG during Farmers' Market hours each

Friday 7am – 11am, May - September.



Howard County Farmers' Market
Nashville Demonstration Organic Garden

Spanish Padron

These small green peppers originate in Galicia (northwest Spain) and are served as a tapa (appetizer) in bars all over Spain. They are said to have a unique, almost asparagus-like taste, and while many are sweet without any heat, padron peppers have a 'Russian roulette factor'. . . Some will have a very spicy kick, and there's no way of telling when you're going to get a really hot one!

Pimientos de Padrón, unos pican y otros no (Padron peppers, some are hot and some are not)!

"Padron" is "godfather" in Spanish, referring to the ever-so-often and unpredictable extremely hot "godfather" pepper. Padron peppers may be eaten raw, but a favorite way to eat them is fried until the skin blisters and then sprinkled with sea salt. Grilling is a healthy and quick preparation that adds a smoky layer of flavor.

Seeds for the Padron peppers in today's workshop were donated by Renee's Garden. The plants were grown by Sunshine Acres.



To Grill: Heat a grill pan or outdoor grill to high (about 450°F to 550°F). Meanwhile, place the peppers in a medium bowl, add the olive oil, and toss to coat; set aside. When the grill is ready, place the peppers on the grill in a single layer, not touching. Grill uncovered, turning occasionally, until the peppers start to char and blister, about 6 to 8 minutes. Remove to a serving plate, season immediately with sea salt, and serve.

To Fry: Wash the peppers thoroughly and drain well. Pour olive oil into a frying pan and heat until very hot. Add the peppers and fry them until the skin starts to blister. Drain the excess oil, place peppers on a serving dish, sprinkle with sea salt and serve at once.

Wine Pairing: For an authentic Spanish pairing, serve with a chilled fruity Galician white wine like Ribeiro or Albariño. Otherwise, try a succulent, fruity wine with body to balance this pepper's sweetly herbal flavor and potential heat. . . a fruity Sauvignon Blanc, dry to off-dry Riesling or Chenin Blanc or a light, fruity red with low tannin.



Image source: <http://www.thespanishhamper.co.uk/padron-peppers/>