

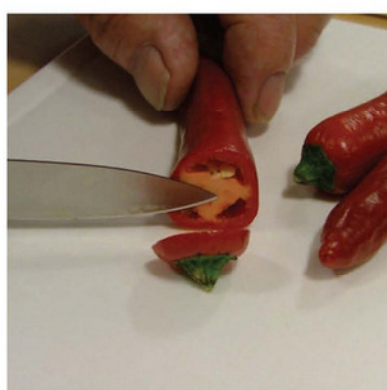
Chilli

(red and green varieties)

**Do not touch eye's or face
whilst preparing Chilli's**



1 Cut off the end and discard.



2 Slice down the chilli length ways cutting into two halves. Holding one half at the end, slide the knife underneath the seeds to remove and discard.



3 Slice.



Tips

Wash hands thoroughly after use.

Adding the whole chilli to a casserole or a sauce gives it a warming depth of flavour which is not as hot as when the chilli is chopped. Remove whole chilli after cooking.

Why not make a salsa to accompany meat or fish.

Liquidise 1-2 chilli's with 2 spring onions, 1 garlic clove, 6 ripe tomatoes, 1 tablespoon of vinegar or lemon and 4 tablespoons of olive oil.