

BANANA PEEL CAPONATA

Brunna Belfiore

Time: 2 hours

Serving: 4

Carbon footprint: 19454gCO₂e/kg

Vegan

Low-waste

Low-energy

Ingredients:

- 7 banana peels
- 2 red capsicum or 1 bell pepper of each colour
- 3 tomatoes
- 1 onion
- 4 garlic cloves
- 1 tbsp of preserved lemon or 2 tbsp lemon zest
- Juice of 1/2 lemon
- 1 red chilli, finely chopped
- 2 tsp turmeric powder
- 1 tsp dried oregano and thyme each
- 1 tsp black pepper and 2 tsp salt
- 1 cup olive oil
- ½ cup of black olives
- (optional) mint, dill, parsley, thyme, rosemary

Tools:

- Pot
- Small knife
- Cutting board

Step 1: Cut in fine stripes (Julienne) the banana peels, capsicum, and onion and cut the tomatoes in cubes.

Step 2: In a pot, cook the onion and the whole garlic (not minced) with olive oil and all the dried herbs, spices, and fresh chili.

Step 3: Add the banana peel and the capsicum. Close with a lid and cook it in medium heat for 15-20 minutes.

Step 4: Add the tomatoes and cook it for more 15 minutes.

Step 5: When the banana peel softens, turn the heat off and add the fresh herbs.

Step 6: Let it cool down and add more olive oil if necessary. The ideal is to make it very oily since it is a preserve, so feel free to add olive oil in all steps.

Step 7: Place in the sterilised jars and keep it refrigerated.

Tip The peels can be soaked in hot water before cooking and it can be kept in the fridge, soaked in water, lemon or apple cider vinegar up to 2 weeks. As an alternative, the dish can be cooked by placing all the ingredients in a big tray and roast it all for 30-40 minutes at 180-200C (mix it for 10 minutes). Caponata is a dish from Sicily, Italy, which adapts to seasonality and the taste. The base of this dish is eggplant, which can be replicated by banana peel! You can add celery, capers, and other vegetables.

Benefits:

The banana peel represents almost 50% of the total weight of the fruit. It has many nutrients such as potassium, magnesium, soluble fibers, vitamin B6 and vitamin B12. This recipe can stimulate everyone to use the parts of vegetables and fruits that are neglected. It is to inspire you to get to know where your food comes from, that the imperfect shape of veggies doesn't change its quality; to explore variety and new tastes; to go to the farmer's market and talk to the farmers about it; to advocate for the supermarkets to keep the leaves of the beetroots, to stop food waste.