Blistered Padron Peppers

1. Heat a skillet (best with a cast iron skillet) over high heat until it is very hot—a drop of water should bounce and sizzle off its surface immediately upon contact.

2. Add enough high heat oil (sunflower oil, avocado oil, refined olive oil, ghee, palm oil) to coat the bottom of the pan.

3. Then add the peppers. Ideally, the peppers should fit in a single layer so each pepper is sitting on the hot surface of the pan.

4. Cook the peppers, undisturbed, until they blister on one side, about 2 minutes. Stir the peppers (or just shake the pan) and cook until peppers are blistered all over and tender to the bite, another minute or so.

5. Transfer to a serving platter, sprinkle with flaky sea salt and serve immediately.

Recipe sourced & adapted from:
https://www.thespruceeats.com/blistered-padron-peppers-recipe-2217389