

Blistered Shishito Peppers with Spicy Tahini Sauce: Easy Appetizer

Blistered Shishito Peppers with Zesty Spicy Sauce: A Flavorful Adventure!



TIME

8 to 12 min

METHOD

Air fryer

PRINT

Recipe Card

SAVE

PDF

INGREDIENTS

- 8 oz shishito peppers
- 1 TBSP avocado oil or extra virgin olive oil
- Kosher salt or flaked salt, to taste
- Crushed red pepper flakes, to taste (optional, for extra heat on the peppers)
- 2 TBSP tahini
- 1.5 TBSP low sodium soy sauce
- 1 tsp seasoned rice vinegar
- 1 clove garlic, minced or pressed
- 1 tsp paprika (sweet or regular)
- ...-% tsp ground cayenne pepper (adjust for heat preference)
- 1/8 tsp sea salt (or to taste)

Swaps and Notes:

Shishito Peppers: Choose firm, fresh shishito peppers. They are typically mild, with about 1 in 10 having a surprising kick!

Oil: Avocado oil is great for high heat, but extra virgin olive oil also works well for blistering.

Salt: Kosher salt or flaky sea salt adds texture and enhances flavor. Sprinkle after blistering.

Tahini: This provides the creamy base for the sauce. Ensure it's well-stirred in its jar before measuring, as it can separate.

Soy Sauce: Low sodium soy sauce allows you to control the saltiness of the sauce.

Seasoned Rice Vinegar: Adds a subtle sweetness and

tang. Unseasoned rice vinegar can be used, but you might want to add a tiny pinch of sugar to the sauce.

Cayenne Pepper: Adjust the amount of cayenne in the sauce to your preferred heat level. Start with less and add more if you like it bolder!

Garlic: Freshly minced or pressed garlic provides the best flavor for the sauce.

Directions:

Prepare Peppers: Start by washing the shishito peppers thoroughly under cool water. Pat them completely dry with a paper towel. This is important for achieving a good blister and preventing oil splatters.

Heat Skillet & Oil: Heat the avocado oil (or olive oil) in a large cast iron skillet (or other heavy-bottomed skillet) over medium-high heat until it shimmers and is just beginning to smoke.

Blister Peppers: Toss in the dry shishito peppers and stir to coat them evenly in that beautiful hot oil. Cook for about 8 to 12 minutes, turning occasionally with tongs or a spatula, until those lovely blisters start to form on multiple sides of the peppers. They should be tender-crisp and slightly charred.

Season Blistered Peppers: Once they're nicely blistered, transfer them to a serving plate.

Sprinkle with kosher or flaked salt to your liking, and if you want extra heat, a pinch of crushed red pepper flakes.

Make the Spicy Shishito Sauce: To whip up the zesty spicy shishito sauce, combine the tahini, low sodium soy sauce, seasoned rice vinegar, minced garlic, paprika, ground cayenne pepper, and sea salt in a small bowl. Use an immersion blender or a small food processor to blend until the sauce is completely smooth and creamy.

Adjust Sauce Heat: If you're feeling bold and want an extra kick, taste the sauce and add a bit more cayenne pepper, blending again until fully incorporated.

Serve: Dive in and savor this simple yet delightful dish! Serve the blistered shishito peppers warm with the zesty spicy shishito sauce on the side for dipping.

Tips for Success:

Dry Peppers Thoroughly: Any moisture on the peppers will prevent them from blistering and cause oil to splatter.

Hot Skillet: Ensure your skillet is very hot before adding the peppers for that characteristic blister.

Don't Overcrowd: Cook peppers in batches if necessary to avoid overcrowding the skillet.

Overcrowding lowers the pan temperature and steams the peppers instead of blistering them.

Watch for Blisters: The goal is distinct dark blisters, not soft, mushy peppers.

Tahini Consistency: If your tahini is very thick, you might need to add a tiny splash more water or rice vinegar to the sauce to reach a smooth, pourable consistency.

Serving Suggestions and Pairings:

DIRECTIONS

1. Making blistered shishito peppers and their zesty sauce is quick and easy, primarily done in a skillet!
2. Prepare : Peppers: Start by washing the shishito peppers thoroughly under cool water. Pat them completely dry with a paper towel. This is important for achieving a good blister and preventing oil splatters.
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8. **Serve:** Dive in and savor this simple yet delightful dish! Serve the blistered shishito peppers warm with the zesty spicy shishito sauce on the side for dipping.
9. **Tips for Success: Dry Peppers Thoroughly:** Any moisture on the peppers will prevent them from blistering and cause oil to splatter.
10. **Hot : Skillet:** Ensure your skillet is very hot before adding the peppers for that characteristic blister.
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12. **Watch for : Blisters:** The goal is distinct dark blisters, not soft, mushy peppers.
13. **Tahini : Consistency:** If your tahini is very thick, you might need to add a tiny splash more water or rice vinegar to the sauce to reach a smooth, pourable consistency.
14. **Serving Suggestions and Pairings:** These Blistered Shishito Peppers with Spicy Tahini Sauce are a fantastic, unique appetizer or snack that's perfect for summer gatherings, barbecues, cocktail parties, or just a fun addition to your weeknight meals. They pair wonderfully with a crisp white wine, a cold beer, or a refreshing non-alcoholic beverage like my This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days. They can also be a delightful side dish for grilled meats or fish, or even served as part of a vibrant mezze platter.
15. **Storage and Leftover Tips:** Blistered Shishito Peppers are best enjoyed fresh and warm from the skillet, when their texture is at its peak. The spicy shishito sauce, however, can be made ahead of time. Store the sauce in an airtight container in the refrigerator for up to 1 week. If it thickens, whisk in a tiny bit of water or soy sauce to reach your desired consistency. Leftover blistered peppers can be stored in an airtight container in the refrigerator for 1-2 days, but they will lose their crispness. You can try reheating them in a dry skillet or air fryer for a few minutes to re-crisp.
16. **More Recipes You Will Love:** If you loved the fresh flavors and ease of these blistered peppers, here are a few more fantastic savory recipes that I think you'll absolutely love:
17. For another light and tangy chicken salad that's perfect for summer lunches, don't miss my A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!).
18. If you love simple, fresh veggie sides, check out my Parmesan Baked Yellow Squash.
19. And for a fun, customizable, and no-fuss meal perfect for entertaining, my This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd is a fantastic choice.
20. **Final Thoughts:** These Blistered Shishito Peppers with Zesty Spicy Sauce are a delightful culinary adventure that proves simple ingredients can yield extraordinary

flavor. They're quick, easy, and undeniably addictive, making them a perfect addition to any meal or gathering. Dive in and savor this simple yet delightful dish!

21. What's your favorite pepper to cook with, and how do you like to prepare it? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/blistered-shishito-peppers-with-spicy-tahini-sauce-easy-appetizer/>