

STUFFED CAPSICUMS

PIPERIES YEMISTES

Serves: 6

Cooking time: 1½ hours

Oven temperature: 160°C (325°F)

12 medium green capsicums

2 medium onions, chopped

2 garlic cloves, crushed

3 tablespoons oil

2 cups chopped, peeled tomatoes

2 tablespoons Tomato Paste (page 101)

¾ cup stock or water

1 teaspoon sugar

salt and pepper

750 g (1½ lb) ground beef or lamb

2 tablespoons chopped parsley

½ cup short grain rice

*1 cup of red
quinoa, rinsed*

- 1 Wash capsicums, cut off tops and reserve.
- 2 Remove seeds and pith and cook for 3 minutes in boiling, salted water. Lift out and drain.
- 3 Gently fry onion and garlic in 2 tablespoons of the oil until onion is soft.
- 4 Add tomatoes, Tomato Paste, stock or water, sugar and season to taste.
- 5 Cover and simmer for 10 minutes.
- 6 Heat remaining oil and add meat.
- 7 Stir well and cook until juices evaporate and meat begins to brown.
- 8 Add two-thirds of the prepared tomato sauce, bring to the boil and add parsley and rice.
- 9 Stir well, cover and simmer gently for 10 minutes until liquid is absorbed.
- 10 Stand capsicums in an oven dish and fill loosely with the meat and rice stuffing.
- 11 Replace tops on capsicums.
- 12 Pour remaining tomato sauce into dish and cover with lid or foil.
- 13 Cook in a moderately slow oven for 45 minutes.
- 14 Remove cover, baste capsicums with the sauce and cook uncovered for further 10 minutes, adding a little water to sauce if necessary. Serve hot.

Variations: Tomatoes, zucchini and eggplant can be prepared in the same way (do not parboil).

- 2 To prepare zucchini and eggplant for stuffing, cut off stem ends, scoop out most of flesh, stuff loosely and replace ends, inverting them so that they fit like corks.
- 3 Lay them side by side in the sauce, turning them over after 30 minutes of cooking.