

Stuffed Peppers

Peppers have to be filled with well-seasoned ground meat. I can't stand the grass-colored things if they are cooked any other way; indeed, in the 1960s, it seemed that there were only green peppers to be had. Somehow, over the years, stuffed peppers have gone utterly out of fashion. When I recently brought a few in to work and warmed them up in the kitchen, the aroma attracted my colleagues in droves: "That smells really good!" – "What is it?" – "I haven't eaten this in ages! Can I please have the recipe?" Yes, certainly.... Birgit

Serves 4

4 red bell peppers
4 green bell peppers
1 onion
1 ¼ lb (800g) mixed ground meat (pork, veal, beef)
2 tbsp finely chopped flat-leaf parsley
2 tbsp bread crumbs
2 large eggs
1 tsp salt
1 tsp sweet Hungarian paprika
½ tsp cayenne pepper
a pinch of pepper
1–2 cups hot broth to taste

Wash the peppers and cut a lid from the stem end of each one. Set the lids aside and remove the seeds and ribs. Slice the bottoms of the peppers slightly so that they stand upright on their own. Peel and finely dice the onion. Thoroughly combine the ground meat with the onion, parsley, bread crumbs, eggs, salt, paprika, cayenne pepper, and pepper. Preheat the oven to 375 °F (190 °C) or 350 °F (180 °C) on the convection setting.

Fill each pepper to the top with the ground meat mixture. Place the peppers in a suitable casserole dish and pour in enough broth so that the liquid comes up the sides of the peppers about ¼ in (2cm). Set the casserole on the middle rack of the oven and cook for about 30 minutes. Then, place the lids on the peppers and cook for another 15 minutes. If needed, pour in a bit more broth so that the bottoms of the peppers do not stick to the casserole and burn. Place the peppers on plates and serve immediately.

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TIP Rice and tomato sauce go well with stuffed peppers, but the peppers also taste good just on their own. Making a vegetarian filling is a good way of using rice left over from the previous day. Instead of ground meat, combine cooked rice with peas, onions, parsley, and mushrooms sautéed in butter. Then, add the eggs and spices listed above and mix thoroughly. Place the mixture in the peppers, cook as above, and serve with tomato sauce.