

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Not Your Mother's Stuffed Peppers!

Everyone Will Enjoy This Recipe: Fruit and Herb Stuffed Red Peppers

8 Red, Orange or Yellow Peppers
 ¼ Cup + 2 TB Olive Oil
 2 Large Red Onions, Thinly Sliced
 1" Piece of Ginger, Grated*
 ¼ Tsp Allspice
 2 Cinnamon Sticks
 ½ Cup Basmati Rice, Rinsed
 6 Peeled, Seeded & Chopped Tomatoes
 8 Ounces Dried Apricots, Chopped
 2 Ounces Dates, Coarsely Chopped
 1 TB Lemon Juice
 2/3 Cup Hot Water
 ½ Cup Chopped Parsley
 ¼ Cup Chopped each Cilantro & Mint
 ¼ Cup Pine Nuts, Toasted
 ¾ Cup Sliced Almonds, Toasted
 2 TB Golden Raisins
 Sea Salt and Black Pepper to Taste
 2 TB Toasted Fresh Breadcrumbs Tossed
 with ½ Tsp Olive Oil

Step One Preheat the oven to 350F.

Cut the tops off the peppers and remove the seeds. Set aside.

Step Two To create the stuffing, heat the ¼ cup oil in a large pan and sauté the onion until golden. Add the ginger and spices and cook and stir for 1-2 minutes until aromatic. Add the rice and sauté for 1-2 minutes until coated with the oil. Add 2/3 of the tomatoes, fruits, juice and water. Let it simmer for 10 minutes until most of the liquid has been absorbed. Remove from the heat, remove the cinnamon and add the next 6 ingredients.

Step Three Place the peppers upright, side by side in a pan or casserole. Spoon the stuffing into the peppers. Don't press down, so it will have room to expand.

Step Four To create the sauce, toss the remaining tomatoes and the 2 TB of oil together and place on the top of the peppers and pan. Cook for 45 minutes, basting the peppers with sauce from the bottom of the pan.

Step Five Turn the oven up to 425F, Scatter the breadcrumbs on top, and bake until the crumbs are golden.

2 Kitchen Smidgen

*Easiest way to grate ginger? Break out your microplane or the small side of a tower grater.

3 Get Creative

Dried Fruits like dates, raisins and apricots are a great way to add sweetness and interest to a savory dish. Try adding some dried cranberries or mango to prepared brown rice or couscous - Delicious!

4 WINE of the Week Hahn Estates Cabernet Franc

Central Coast California
 Total Wine around \$16.00

You may be familiar with the Cabernet Franc grape from it's home in France, but this Californian is a pleasing pair with both veggies and meat. Full of spicy dried fruit taste, it's a good summertime light red that's smooth, subtle and low in tannins.