

# **Carrboro Farmers' Market**

**Locally Grown ☞ Nationally Known**

**August 7, 2004**

**Recipe of the Week** featuring **Bell Peppers**

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

## **Stuffed Roasted Peppers**

These peppers are so good! The savory filling brings out the natural sweetness of the roasted peppers. You can use them as an appetizer, but place one or two on top of some crusty grilled or toasted bread, add a few salad greens and some cheese and you have a great summertime supper.

6 large red and/or yellow bell peppers

Char the peppers over a gas flame, under a broiler, or on a grill until the peppers are thoroughly blistered and blackened on all sides. Place the peppers in a paper bag or in a glass bowl covered with a plate and then let stand for at least 10 minutes. When the peppers are cool enough to handle, peel off the black, charred skin. Do not rinse the peppers. It is fine if some bits of black skin don't come off. Carefully remove the stems and seeds, trying to keep the peppers whole.

2 tablespoons raisins soaked in hot water for 10 minutes, then drained

1 cup fresh breadcrumbs from good quality bread

1/4 cup black olives, pitted and chopped

3 tablespoons pine nuts, toasted

3 tablespoons fresh basil, chopped

3 tablespoons fresh Italian parsley, chopped

2 tablespoons capers, drained

2 medium garlic cloves, minced

2 anchovy fillets, minced or 2 teaspoons anchovy paste

Freshly ground black pepper

5 tablespoons olive oil

Basil oil or thin pesto, for garnish

Preheat the oven to 350°. Mix all the raisins, bread, olives, pine nuts, herbs, capers, garlic and anchovy in a medium mixing bowl. Season to taste with salt and pepper. Mix in 3 tablespoons of the olive oil.

Stuff the peppers with the stuffing. Arrange the peppers in a single layer in a lightly oiled 9x13 baking dish. Drizzle the remaining two tablespoons of olive oil over the peppers. (You can prepare the peppers to this point up to 6 hours ahead. Store covered and refrigerated.) Bake the peppers until they are heated through, about 15 minutes. Serve hot or at room temperature. Garnish with basil oil or thin pesto.

Makes 6 servings.

**[www.shericastle.com](http://www.shericastle.com)**

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## **Chapel Hill~Carrboro Farmers' Markets**

**Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 19**

**Carrboro Farmers' Market ☞ Wednesdays ☞ April 14 – October 20**

**Southern Village Farmers' Market ☞ Thursdays ☞ May 6 – Late September**

# Don't be afraid to experiment!

## Create your own recipe using this helpful list ~

From *Culinary Artistry* by Andrew Dornenburg & Karen Page

### Bell Peppers are complemented by

anchovies  
basil  
chiles  
coriander  
corn

garlic  
lemon  
meat, especially  
chicken, lamb and  
veal

olive oil  
onions  
rice  
tomatoes  
vinegar

### About bell peppers from *Larousse Gastronomique* ISBN 0-609-60971-8

The vegetable known as sweet or bell pepper, this is a large, fleshy capsicum with a mild flavour. Green, pale cream-yellow, yellow, orange, red, purple or black, these are widely used in cooking. Choose peppers that are firm and glossy; avoid any with wrinkles or soft spots. Peppers are excellent source of vitamin C.

The flavour varies slightly according to the colour and type: green peppers are strong with a distinct edge to their flavour, making them slightly bitter; red peppers are sweet, with a "rounded" flavour; and orange or yellow peppers are often lightly flavoured by comparison.

Peppers are used raw in dishes such as salads or salsas. They feature in a wide variety of cooked dishes, including fish, meat, poultry, egg, rice and pasta recipes. They may be stuffed with meat or rice and cooked in a sauce. Classic dishes with peppers include gazpacho, ratatouille, piperade and peperonata.

**Gazpacho:** A Spanish soup, originally a labourers' dish, made with bread and vegetables, including cucumber, tomato, onion and red (bell) pepper. Seasoned with olive oil and garlic and sharpened with vinegar, the soup is served ice cold.

**Ratatouille:** A vegetable stew typical of Provençal cookery, originally from Nice. A ratatouille from Nice is made from onions, zucchini, eggplants, sweet (bell) peppers and tomatoes simmered in olive oil and herbs. According to purists, the different vegetables should be cooked separately, then combined and cooked together until they attain a smooth, creamy consistency.

**Piperade:** A Basque specialty consisting of a rich stew of tomatoes and sweet (bell) peppers, sometimes seasoned with onion and garlic, cooked in olive oil or goose fat and then mixed with beaten eggs and lightly scrambled. A garnish of Bayonne ham may also be added or piperade may be eaten with slices of fried ham on the side.

**[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)**  
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