

Stuffed peppers (à la grandma fani) *(Side dishes)*



Preparation

First wash and prepare the peppers. Don't cut them in half, but open them by cutting around the stem and then removing their seeds. You should get ten empty peppers ready to hold the filling. Coarsely chop the onion and fry with a little oil and a tablespoon of lard. Crumble the meat thoroughly and let it fry with the onions; add plenty of salt, and some marjoram. Add a dash of white wine. Add the rice to the meat mixture and sauté everything for 3 minutes. Fill the peppers with this mixture of meat and rice, but be careful not to overdo it because the rice will swell during cooking. Now melt the butter in a pan and mix it with the flour; briefly cook. Add two tablespoons of tomato paste and dissolve in the flour and then add the remaining tomatoes and 500 ml of warm water. Season the sauce with stock granules, salt, sugar and paprika. In a large baking dish with high sides, arrange the peppers close together and drizzle with the tomato sauce. Cook on the hob on a low heat for an hour.

Tips

If you want to prepare the recipe for peppers stuffed with vegetables which you grow at home, remember that you plant your peppers in February and March, and pick them between the months of June and September.

Trivia

The pepper has its origins in Latin American and arrived in Europe, along with many other foodstuffs, following the voyage of Christopher Columbus.

Information

Preparation 90 minutes

Total Time 60 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Onions (1 whole white onion)

Lard (1 tablespoon of lard)

White wine (1 drop of white wine)

Marjoram (A pinch of marjoram)

Tomato passata 400 millilitres

Butter (A knob of butter)

Italian 00 flour (2 tablespoons of flour)

Rice (7 handfuls of rice)

Salt 10 grams

Pepper 5 grams

Paprika 5 grams

Vegetable stock cube 5 grams
(Crumbled)