

Mini Red Peppers Stuffed with Lamb

Herbed Apricot Coriander Rice, and Cilantro Mint Cucumber Yogurt Sauce

August 2014 by Camine Pappas/serves 4 (There is enough meat for service for 8. You can save the meat and serve at another time, or just double the rice recipe and you will have enough food for 8)

STUFFED PEPPERS:

1 lb. organic ground lamb
8 mini red peppers, about 2.5 inches in diameter by 4 inches high, washed, the bottoms cut off slightly to make flat, and the insides cored out.
¼ C pine nuts
¼ C golden raisins
1 large egg
2 T 2% milk
1 t fresh chiffonade cut rosemary
1 T fresh chiffonade cut mint
Salt and pepper
2 large cloves garlic chopped finely
4-5 T good olive oil



DIRECTIONS:

Mix all ingredients except peppers and oil, mixing thoroughly by hand. Take the meat mixture by spoonfuls and pack inside the pepper, packing firmly, and filling all the way to the top. Even a little more to rise a small bit above the top of the pepper. Place them all in a shallow casserole dish with 2 T of the olive oil on the bottom, and arrange them with at least ½ inch space between them. Drizzle a bit more olive oil on top. Bake in a 375 degree oven, uncovered, for about 50-55 minutes. Take out of oven and let rest for 2 to 3 minutes before serving.

RICE:

1 ½ C cooked Jasmine rice.
1/3 small white sweet onion, rough chopped
1 T finely chopped jalapeno pepper
10-12 dried apricots cut into fourths
1 ¼ chicken stock
½ t coriander
½ t turmeric
¼ t curry powder
¼ t thyme powder
3 T olive oil
Fresh mint to garnish

Cut the onions, jalapenos, and apricots. Cover with $\frac{1}{4}$ C of the chicken stock and let rest while you cook the rice. Boil $1\frac{1}{2}$ C water. Add 1 white C Jasmine rice. Return to boil. Cover, take off half the burner and turn to low. Cook for 20 minutes. In a large sauce pan, heat 2 T oil. Add onions, apricots and jalapenos to hot pan, and sauté for about a minute. Add the rice and stir. Then add coriander, turmeric, curry and thyme. Stir. Add half the chicken stock and stir until absorbed. Add the remaining stock as needed and stir, cover and let sit until you plate the meal.

YOGURT SAUCE:

16 ounces plain Greek yogurt
 $\frac{1}{2}$ large cucumber, peeled and diced small
 $\frac{1}{4}$ C mint
 $\frac{1}{4}$ C cilantro
2 large cloves garlic chopped finely
Juice from one lemon
Salt and pepper to taste

Mix all ingredients. Cover and keep in fridge until ready to serve.

(I also served it with a butter lettuce salad with slivers of red onion and a handful of cilantro, as well as cut yellow tomatoes and tossed it with a lemon and olive oil vinaigrette.)

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