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Classic Stuffed Sweet Bell Peppers

Ingredients:

6-8 small-medium bell peppers
1 tablespoons olive oil
1 cup chopped onions
3 tablespoons chopped fresh parsley
2 garlic cloves, chopped
1/3 cup cooked white rice, cooled
1 1/2 teaspoon sweet Hungarian paprika
1 teaspoons salt
1/2 teaspoon ground black pepper
1/8 teaspoon ground allspice
1 1/4 cups canned organic tomato sauce
3/4 pounds lean grass-fed ground beef
1 large egg
1 ounce goat cheese

Preparation:

Cut off top 1/2 inch of peppers and reserve. Scoop seeds from cavities. Discard stems and chop pepper tops. Heat oil in heavy large skillet over medium-high heat. Add onions, parsley, garlic, and chopped pepper pieces. Sauté until onions soften, about 8 minutes. Transfer to large bowl. Mix in rice, paprika, salt, pepper, and allspice. Cool 10 minutes. Mix in 1/4 cup tomato sauce, goat cheese, then beef and egg. Fill pepper cavities with beef mixture. Stand filled peppers in single layer in heavy large pot. Pour remaining 2 cups tomato sauce around peppers. Bring sauce to boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer 10-15 minutes. Spoon some sauce over each pepper. Cover; cook until peppers are tender and filling is cooked through and firm, about 15-20 minutes. (Can be made 1 day ahead. Cool, cover and chill. Re-warm covered over low heat.)

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Pickled Peppers

Recipe from Epicurious.com

Ingredients

4 cups assorted chiles (such as serrano, jalapeño, and Thai)

1 1/2 cups distilled white vinegar

3 garlic cloves

2 tablespoons black peppercorns

2 tablespoons kosher salt

2 tablespoons sugar

2 tablespoons coriander seeds

Preparation

Cut large chiles into 1/4 inch rings. Pierce small chiles 3-4 times with a skewer. Pack all chiles in a clean 1-quart jar.

Bring vinegar, all remaining ingredients, and 1 1/2 cups water to a boil in a medium saucepan. Reduce heat to medium and simmer for 5 minutes. Pour hot brine over peppers; seal jar. Let cool, then refrigerate. Serve within 1 month.

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Peperonato

Recipe from Epicurious.com

Ingredients

5 large bell peppers (preferably 3 red, 1 orange, and 1 green)

3 tablespoons golden raisins

2 tablespoons extra-virgin olive oil

2 large garlic cloves, pressed

1 1/2 tablespoons drained capers

1 tablespoon white wine vinegar

1 teaspoon chopped fresh thyme

1/2 teaspoon smoked paprika

2 pinches of cayenne pepper

coarse kosher salt

Preparation

Char peppers directly over gas flame or in broiler. Enclose in plastic bag; steam 15 to 30 minutes. Peel, seed, and cut peppers into 1/2-inch-wide strips. Mix peppers, raisins, oil, garlic, capers, vinegar, thyme, paprika, and cayenne in large bowl. Season with coarse salt and pepper. DO AHEAD: can be made 1 day ahead. Cover; chill. Bring to room temperature before serving.

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Classic Bell Pepper Slaw

Adapted from Epicurious.com

Ingredients

1/4 medium head cabbage
1/2 small red bell pepper
1/2 small yellow bell pepper
2 scallions
3 tablespoons mayonnaise
1 tablespoon plain yogurt
1 tablespoon cider vinegar
a pinch cayenne, or to taste
2 tablespoons shredded fresh basil leaves

Preparation

Coarsely chop cabbage, bell peppers, and scallions. In a bowl whisk together mayonnaise, yogurt, vinegar, and cayenne. Add vegetables, basil, and salt and pepper to taste and toss well. Chill slaw, covered, 20 minutes.

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Cheesy Stuffed Peppers

Recipe from Epicurious.com

Ingredients

1 large poblano pepper, seeded
2 teaspoons olive oil, divided
1/2 cup cooked quinoa
1/2 cup shredded Mexican-blend cheese
1/2 cup chopped onion
3 teaspoons chopped garlic, divided
1/2 teaspoon cinnamon
1/2 teaspoon ground cumin
1/2 cup low-sodium chicken broth
2 tablespoons marinara sauce
1/2 teaspoon chili powder
1/2 ounces chopped dark chocolate
2 cups baby spinach
3/4 cup sliced onion
1/2 cup sliced portobellos
1/2 cup black beans, rinsed and drained
4 ounces red wine

Preparation

Heat oven to 375° F. Brush poblano with 1 teaspoon oil. Mix quinoa with cheese; stuff inside poblano; cook in a baking dish 20 minutes. In a pan, sauté chopped onion, 2 teaspoons garlic, remaining 1 teaspoon oil, cinnamon and cumin over medium heat 5 minutes. Stir in broth, marinara and chili powder; bring to a boil; reduce heat and simmer 15 minutes. Add chocolate; stir until melted, 2 minutes. In a second pan coated with cooking

spray, sauté spinach, sliced onion, portobellos, beans and remaining 1 teaspoon garlic.
Pour sauce over poblano; serve with spinach and glass of wine.

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Fontina, Bell Pepper, & Sausage Strata

Adapted from Epicurious.com

Ingredients

6 large eggs
2 1/2 cups whole milk
2 cups sliced green onions
1/2 cup whipping cream
1/2 cup finely grated Romano cheese
2 tablespoons chopped fresh oregano
1/2 teaspoon salt
1 pound hot Italian sausages, casings removed
1 large red bell pepper, halved, seeded, cut into 1/2-inch wide-strips
1 1-pound loaf rustic French bread, cut into 1/2-inch-thick slices
2 cups (loosely packed) coarsely grated Fontina cheese

Preparation

Preheat oven to 350° F. Butter 13x9x2- inch ceramic or glass baking dish. Whisk first 7 ingredients in large bowl; sprinkle generously with pepper. Set aside.

Place sausage in large nonstick skillet; push to 1 side. Add bell pepper to other side of skillet. Sauteacute; over high heat, breaking up sausage with fork, until sausage is cooked through and bell peppers are brown in spots, about 7 minutes.

Arrange half of bread slices in prepared dish. Pour half of egg mixture over. Sprinkle with half of cheese, then half of sausagepepper mixture. Repeat layering. Let stand 20 minutes, occasionally pressing on bread to submerge. Bake strata until puffed and brown, about 1 hour. Cool slightly