

Peperoni Farciti di Riso, Salsiccia e Vitello
(Stuffed Bell Peppers)
(for 12 persons)

6 red and yellow peppers, cut in half and seeded (not cooked) and rubbed with olive oil on outside. Salt and pepper the insides lightly.

2 cup cooked rice use Italian Arborio or Japanese rice

1.5 lb ground veal

1.5 lb Italian Sausage

7 cloves of garlic, minced

8 shallots, minced

4 eggs, beaten

1 1/2 C freshly grated pecorino cheese

Sautee shallots until lightly caramelized, add and sauté garlic, add meat and cook until cooked through. Correct seasonings.

Add:

3 apples, peeled and chopped finely

1 ¼ C golden raisins

4 Tbsp crystallized ginger, chopped finely

3 tsp ground coriander

3 tsp crushed rosemary

Pepper to taste

6 C soft polenta

Cook 5 more minutes. Add cooked rice and eggs, and grated pecorino and mix thoroughly. Then fill peppers.

Prepare soft polenta—see separate recipe below. Pour a layer of it in a lightly oiled casserole.

Bake lightly until warm to hot.

Place stuffed pepper halves in a separate casserole and cover it loosely with aluminum foil rubbed with olive oil, which, prevents the stuffing from sticking. If placed on the baking dish too tightly, too much moisture is retained.

Bake approx 1 hour at 350 degrees or until peppers are soft.

Place on top of the soft polenta and present the dish.