

Stuffed Bell Peppers

60—70 Min

Ingredients 4 Portions

= Kotányi Produkte

8 pcs.	Bell peppers
350 g	Minced meat, mixed
1.5 tsp.	Onion, diced
1 tsp.	Parsley, chopped
1	Egg
4 tbsp.	Rice, boiled
0.5 tsp.	Marjoram, Crushed
	Table Salt
	Oil for frying

For the tomato sauce

0.5 l	Tomato puree
50 g	Flour
30 g	Butter
2 tsp.	Sugar
1	Splash of vinegar
	Table Salt
	Water, as required

Preparation

1. Remove the stalks from eight peppers, then cut out a lid around the stalk and remove all white seeds and white "threads" from the inside.
2. Then scald the peppers using boiling water. After five minutes, pour over cold water and allow to drain.
3. Meanwhile, mince 350 grams of meat — consisting of half pork, half beef — to a medium-fine consistency.

HINT: Alternatively, you can use pre-minced meat.

4. To the minced meat, add 1½ heaped teaspoons of finely chopped onion, fried until golden in a nut-sized amount of fat, salt to taste, a pinch of chopped green parsley and a very small amount of ground marjoram. Then, add 4 heaped tablespoons of boiled rice and one whole egg.
5. Stuff the prepared peppers with the mixture and place the lids on top, then wet a casserole dish with water and arrange the peppers side-by-side.

HINT: If you don't have a casserole dish, a wide pot or tart tin is also suitable.

6. Cover and cook the stuffed peppers in a hot oven until the filling feels firm.
7. Meanwhile, add 30 grams of flour to 50 grams of melted butter and cook until golden, then add ¼ to ½ liter of tomato puree, salt to taste, a splash of vinegar and two teaspoons of sugar, and stir until smooth.
8. Dilute the mixture with water as required to produce a moderately thick sauce.
9. After simmering briefly, pour the sauce over the cooked stuffed peppers and allow everything to stew slowly for a further 15 to 20 minutes.

HINT: Serve with roast potatoes or boiled rice.