

PEPPERS STUFFED WITH FARRO AND SMOKED CHEESE

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Prepared by: Natalie O'Dell-Crocker, August 2016

6 Servings

2 cups cooked farro or spelt
3 ounces smoked cheese, such as smoked gouda, cut in very small dice
¼ cup chopped walnuts (1.5 ounces)
½ pound fresh, ripe tomatoes, grated
1 teaspoon sweet paprika, and additional for sprinkling
Salt and freshly ground pepper to taste
6 medium-size or smallish bell peppers, any color (1 1/2 to 2 pounds)
½ cup water
2 tablespoons fresh lemon juice
1 tablespoon tomato paste
1 tablespoon extra-virgin olive oil

Preheat oven to 350 degrees. Oil an oven-proof, lidded casserole or Dutch oven large enough to accommodate all of the peppers. In a large bowl, mix farro, cheese, walnuts, tomatoes and paprika. Season to taste with salt and pepper.

Cut tops away from peppers and gently remove seeds and membranes. Season the insides with a little salt, then fill with farro mix. Sprinkle a little paprika over the top and replace tops of peppers. Place upright in the casserole.

Mix water, lemon juice, salt to taste, tomato paste and olive oil and pour into the casserole. Cover, place in the oven and bake 30 to 40 minutes, until peppers are tender. Remove from the heat and allow to cool slightly in the casserole. Remove tops and spoon liquid from the casserole over the filling. Serve warm or at room temperature.



