



STUFFED BELL PEPPERS (BİBER DOLMASI)

INGREDIENTS

6 large bell peppers

1/4 cup pigniola nuts

1 1/2 cups medium grain rice

1/2 cup currants, washed and stems removed

1 1/2 cups water

1 teaspoon cinnamon

3 large onions, finely chopped

1 teaspoon black pepper

3 medium tomatoes, peeled and chopped,

1 extra tomato to top the stuffed peppers

1 ½ teaspoons salt (or salt to taste)

1/2 cup chopped fresh dill (or 2 teaspoons dried dill weed)

2 teaspoons sugar

1/2 cup chopped fresh mint (or 2 teaspoons dried spearmint)

1/2 cup olive oil

1/2 cup chopped fresh parsley



"Today's writers, tomorrow's leaders"



Instructions:

Wash and cut the tops off the peppers and remove seedpods. Puts olive oil in a pot, add chopped onions and nuts. When the onions are transparent and nuts golden, add the two chopped tomatoes. Stir gently until the tomatoes wilt. Add rice and all the rest of the ingredients Stir five minutes. Add 1 cup of water. Lower heat and simmer for ten minutes. Remove rice mixture to a bowl and let cool. Spoon this mixture in the peppers until they are filled, but not packed tight. Cut the fourth tomato into six wedges and place firmly one wedge on top of each pepper. Replace the peppers in the pot. Add the remaining two cups of water. Cover and simmer for twenty-five minutes. Serve at room temperature.

For 6 People.