

Pepper & Cheese Casserole (with Bulgur & Mushrooms)

from: Farmer John's Cookbook

Serves 6 to 8

butter for greasing the baking dish

1 1/2 cups uncooked bulgur

1 1/2 cups boiling water

2 tablespoons butter

1 1/2 cups chopped onion (about 3 small onions)

4 cups minced green peppers (about 4 peppers)

1 1/2 sliced mushrooms, any kind

1 1/2 tablespoons tamari

1 1/2 tablespoons dry sherry

1 teaspoon crushed dried marjoram or 3 teaspoons minced fresh

1/2 teaspoon salt

freshly ground black pepper

1 1/2 cups cottage cheese

3/4 cup crumbled feta cheese

4 eggs, beaten, lightly salted paprika

Preheat the oven to 350. Coat a 2-quart casserole dish with butter.

Put the bulgur into a saute pan and pour the boiling water over it. Cover and let stand for at least 15 minutes.

Melt the butter in a medium skillet. Add the onions; saute until translucent, about 5 minutes. Add the peppers & mushrooms; cook until peppers are just becoming tender and the mushrooms have release their water, 5 to 7 minutes. Remove from heat and stir in the tamari, sherry, marjoram, salt, & pepper to taste; mix well.

In a small bowl, combine the cottage cheese and feta cheese.

Spread the bulgur in the prepared baking dish. Cover it with the vegetables & then the mixed cheeses. Pour the beaten eggs over everything; let seep through ingredients by tapping casserole dish on the counter a few times. Let stand for 10 minutes before serving.

cooking with

BELL PEPPERS



Bell Pepper Facts & Cooking Tips



Storage:

-Place whole, unwashed peppers in a plastic bag, seal, and refrigerate for a week or more; beware of excess moisture

One green pepper = 3/4 cup diced = 3 ounces

Roasting bell peppers:

- Roast the bell pepper(s) whole over a gas flame or under the broiler until the skin blackens, turning occasionally to roast evenly, about 10 minutes total. Put the pepper(s) in a plastic bag, securely seal it, and set aside to cool. When cool enough to handle, peel away and discard the skin. Remove the core and seeds and proceed with your recipe!

Preparing:

- Carefully cut out around the stem and remove; cut in half lengthwise; remove core and seeds; place skin side down on the cutting surface & cut to desired shape and size

Roasted Red Pepper Focaccia

from: How to Cook for Crohn's and Colitis

- 1 cup warm water (105-115 degrees)
- 1 package active dry yeast
- 1 teaspoon sugar
- 3 1/2 tablespoons olive oil, divided
- 1 teaspoon salt
- 3 1/2 cups unbleached all purpose flour, plus more for dusting
- 1 1/2 teaspoon kosher or sea salt
- 2 tablespoons sliced fresh basil leaves
- 1/4 cup sun-dried tomatoes
- 2 red bell peppers, roasted (see page 1 for help)

In a small bowl combine water, yeast, & sugar. Set aside for 5 min.

In a large bowl combine 2 tbsps olive oil, salt, flour. Stir in yeast mixture til soft dough forms. Turn dough into floured surface & knead for about 7-10 minutes- dusting with more flour as needed- until smooth & elastic.

Place 1/2 teaspoon olive oil in a large clean bowl. Form dough into a ball, place in oiled bowl, and turn to coat top. Cover with plastic wrap or clean kitchen towel and allow to rise until double in bulk, about 1 hour.

Coat a baking sheet with vegetable spray. Punch down dough and pat into pan. Cover with plastic wrap or clean kitchen towel and let rise until double in bulk, about 30 minutes.

Preheat oven to 425 degrees. With fingertips, make indentations over surface of dough. Brush or drizzle with remaining 1 tablespoons of olive oil. Sprinkle with salt, peppers, tomatoes, and basil. Bake about 20-25 minutes, until golden.



Roasted Red Pepper Soup

from: Farmer John's Cookbook

Serves 4 to 6

3 tablespoons butter
1 medium onion, chopped (about 1/2 cup)
1 small potato, quartered
2 to 3 cloves garlic, minced (1 to 1 1/2 teaspoons)
1 bay leaf
1 tablespoon fresh oregano or thyme, or 1/2 tablespoon dried, plus more for garnish
1 tablespoon tomato paste
4 large red bell peppers, roasted, skinner, chopped
2 teaspoons paprika
1 teaspoons salt
4 cups vegetable or chicken stock, or water
1 tablespoons balsamic vinegar or more to taste
freshly ground black pepper
salt & freshly grated parmesan cheese
croutons (optional)

Melt the butter in a soup pot over medium-high heat. Add the onion, potato, garlic, bay leaf, and herbs; saute until potato & onion begin to brown, 8 to 10 minutes. Add tomato paste and cook for 1 minute. Add the roasted peppers, paprika, & 1 teaspoon salt; cook for 30 seconds.

Pour in stock or water and scrape up any of the flavorful caramelized pieces stuck to the bottom of the pot. Bring the soup to a boil, then lower hear to a gentile simmer; cook, partially covered, for 30 minutes.

Puree soup in a blender or food processor or run it through a food mill. Return it to the pot and heat until warmed through. Add the balsamic vinegar and a few grindings of fresh black pepper. Taste; add salt if desired.

Garnish each serving with some parmesan, a little fresh herb, and croutons if desired.



Sweet and Sour Peppers

from: Moosewood Restaurant Cooks at Home

Sauce:

1/4 cup catsup
1/4 cup soy sauce
1/3 cup cider vinegar
1/4 cup brown sugar
3/4 cup water
1 tablespoon cornstarch dissolved in 2 tablespoons water

3 tablespoons vegetable oil
2 garlic gloves, minced or pressed
2 cups very thinly sliced onions
2 large red bell peppers, cut into thin strips
2 large green bell peppers, cut into thin strips
15 ounces canned baby corn, drained
1 1/2 cups raw or toasted cashews, whole or half pieces

Combine sauce ingredients in a bowl. Have the remaining ingredients at hand before beginning to stir-fry.

In a wok or large skillet, heat the oil. Add the garlic and onions, and stir-fry for 3 or 4 minutes. Add the pepper strips and continue to stir-fry. Add a couple of tablespoons of water if necessary to prevent scorching. When the peppers and onions are beginning to soften, add the baby corn and cashews. Stir-fry for a minute, then add the sauce mixture and simmer for another minute. Remove from the heat and serve immediately.

Serves 4. Total Time: 35 minutes.



Roasted Red Pepper, Mushroom, & Spinach Frittata

from: Celebrate the Rain

2 teaspoons olive oil
1/2 cup chopped red onion
1 1/2 red bell pepper, roasted (see page 1 for help) and chopped
2 tablespoons balsamic vinegar
1/2 small bunch spinach, rinsed, dried, and tough stems removed
1/4 cup plus 2 tablespoons chopped fresh basil, divided
Salt and freshly ground black peppers
6 eggs
1/2 cup freshly grated parmesan cheese
1 cup crumbled feta cheese
3/4 cup chopped tomatoes, drained

Heat the oil in a large nonstick ovenproof skillet over medium heat. Add the onion and saute until tender and aromatic, about 8 minutes. Add the mushrooms and continue to cook until the mushrooms release their liquid and begin to brown, about 5 to 7 minutes. Stir in the chopped red pepper, followed by the vinegar, stirring to scrape up any browned bits stuck to the bottom of the pan. Cook until the vinegar has evaporated, about 2 minutes. Add the spinach and stir until fully wilted, about 2 to 3 minutes. Stir in 1/4 cup of the basil with salt and pepper to taste.

In a medium bowl, whisk together the eggs, parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper until well blended. Pour the eggs over the hot vegetables in the skillet and gently stir for a few seconds to combine. Reduced the heat to medium-low and cook without further stirring until the eggs are set on the bottom, 5 to 8 minutes. Preheat the broiler.

Sprinkle the feta cheese over the frittata and broil until the cheese melts and begins to brown, about 2 to 4 minutes. Take the skillet from the oven, sprinkle with the tomatoes and remaining 2 tablespoons of basil, cut into wedges, and serve.

Makes 4 servings

Hot Pepper Sauce

from: Farmer John's Cookbook

Makes about 1 1/2 cups

about 1 pound jalapeno or serrano peppers or other hot peppers, or a combination, washed, stems removed
10 whole black peppercorns
about 1 1/2 cups apple cider vinegar
1/2 teaspoon salt
quart-sized mason jar

Stuff as many peppers as you can in the bottle or jar, dropping in a few peppercorns between peppers.

Bring the vinegar to a boil in a medium pot. Stir in the salt and remove from the heat. Let it cool for about a minute. Pour the vinegar over the peppers until they are fully covered (you may not use all the vinegar).

Pound a cork into the jar or screw the lid tightly. Put the peppers in a cool closet for 1 week; then transfer to the refrigerator. The sauce will be ready to use after 1 week, but it will get even better of hotter with time. Once the sauce has reached a heat to your liking you can transfer it to a smaller clean container and store it in the fridge.

