

Red Peppers stuffed with Fennel

Suitable for the 'Grand' Remoska. Halve the quantities for the 'Standard'

5 tbsp oil
4 fennel bulbs
4 large red sweet peppers
2 onions, finely chopped
3 garlic cloves
2 x 225 g (8 oz) tubs Ricotta cheese
50 g (2 oz) shelled pistachios, finely chopped
350 g (12 oz) canned chopped plum tomatoes
150 ml (5 fl oz) water
1 tbsp tomato purée
1 tsp sugar
Large pinch of cayenne pepper
1 tbsp flat leaf parsley, finely chopped
Salt and freshly ground black pepper

Try to buy peppers and fennel bulbs of uniform size so that the trimmed fennel bulbs will just fit inside the halved peppers.

Grease the Remoska with 1 tablespoonful of oil. Halve the fennel bulbs lengthwise and trim them, discarding the woody cores and reserving the leafy tops. Blanch the bulb halves for five minutes in boiling water. Drain and pat dry, halve the peppers lengthwise and remove all seeds and pith. Heat three tablespoons of the oil in a frying pan and gently fry the onions and two of the chopped cloves of garlic until just translucent. Cool.

In a bowl mix the cooled onion/garlic into the Ricotta together with nuts and seasoning. Place three or four spoonfuls of this mixture in each of the pepper halves. Carefully place a blanched fennel bulb in each pepper half so that it sits on the cheese mixture. Add more mixture around the edges to fill if necessary. Transfer the peppers to the Remoska.

Mix canned tomatoes and their liquid with the warm water, the tomato purée, sugar, remaining chopped garlic, cayenne, parsley and salt to taste. Pour this carefully around the stuffed peppers. Drizzle remaining oil over the tops of the stuffed peppers, cover and bake for approx 30–40 minutes until the cheese is bubbling and the peppers are beginning to go brown. Garnish with the fennel sprigs.

Serve hot or at room temperature as part of a buffet or as a starter.