



Stuffed Bell Peppers with Spiced Lamb, Currants, and Feta Cheese

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Serves 4 as a light main dish or side dish

Table salt

4 medium red bell peppers, *yellow, or orange, (about 6 ounces each),
1/2 inch trimmed off tops, cores and seeds discarded*

1/2 cup long grain white rice

1 1/2 tablespoons olive oil

1 medium onion, *chopped fine (about 1 cup)*

12 ounces ground lamb

1 tablespoon ground cumin

1 teaspoon ground cardamom

1/2 teaspoon ground cinnamon

1/2 teaspoon red pepper flakes

3 medium cloves garlic, *minced*

1 inch piece fresh ginger, *minced (about 1 tablespoon)*

1/4 cup currants

1 can (14 1/2 ounces) diced tomatoes, *drained*

1 cup feta cheese (*about 6 ounces*), *crumbled*

2 tablespoons chopped fresh cilantro leaves

Ground black pepper

1/3 cup chopped salted cashews, *toasted*

1. Bring 4 quarts water to boil in large stockpot or Dutch oven over high heat. Add 1 tablespoon salt and bell peppers. Cook until peppers just begin to soften, about 3 minutes. Using slotted spoon, remove peppers from pot, drain off excess water, and place peppers cut-sides up on paper towels. Return water to boil; add rice and boil until tender, about 13 minutes. Drain rice and transfer to large bowl; set aside.

2. Adjust oven rack to middle position and heat oven to 350 degrees.

3. Meanwhile, heat 12-inch heavy-bottomed skillet over medium-high heat until hot, about 1 1/2 minutes; add oil and swirl to coat. Add onion and cook, stirring occasionally, until softened and beginning to brown, about 5 minutes. Add ground lamb, cumin, cardamom, cinnamon, and red pepper flakes; cook, breaking lamb into small pieces with spoon, until no longer pink, about 4 minutes. Stir in garlic, ginger, and currants; cook until fragrant, about 30 seconds. Transfer mixture to bowl with rice; stir in tomatoes, all but one tablespoon of cheese, cilantro, and salt and pepper to taste.

4. Place peppers cut-side up in 9-inch square baking dish. Using soup spoon, divide filling evenly among peppers. Spoon cashews over each filled pepper. Bake until filling is heated through, 25 to 30 minutes. Serve immediately.

STEP BY STEP: Filling the Peppers



It is easier to fill the peppers after they have been placed in the baking dish, because they hold steady.