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By Hakki Kati(mimosa Head chef)

Stuffed Peppers (Biber Dolma)

Serves 4 Cold Vegetarian, Vegan starter or main Course

Cooking and Preparation

30 minutes Preparation, 30 minutes Cooking

Suitable fo

n, ve, Gu, Df

Ingredients

150ml/5fl.oz. Olive oil

4 Onions, finely chopped

2 tbsp Pine Nuts 50g/2oz Long Grain Rice or easy cook rice

2 Tomatoes, 1 finely chopped

Sea Salt

1 heaped tbsp Sultanas

4 medium Green and 4 Red Peppers

Handful freshly chopped Parsley

Handful freshly chopped Mint

1 teasp Dried Mint

1 teasp Cinnamon

1/2 teasp Black Pepper

1/2 teasp Allspice 1tbsp Lemon Juice Boiling Water

To serve

cold or hot

if you are not vegan or haven't any Dairy allergy it will be nice with Plain yogurt

Method

1. Heat the oil in a medium saucepan, add the onions and nuts, mix well then reduce the heat, cover and cook for about 5 minutes or until the onions are softened, stirring occasionally.
2. Remove the lid, raise the heat a little and stir for a few minutes until the nuts brown.
3. Add the rice and the finely chopped tomato and mix well. to the pan and stir a couple of times to coat the rice.
4. Add the sea salt, boiling water, and sultanas, mix well, reduce the heat to low and cook for 10 minutes, stirring from time to time.
5. Meanwhile, cut the remaining tomato into quarters then thinly slice and set aside.
6. Cut out the stalks from the Peppers, remove the seeds and sprinkle the insides with a little sea salt.
7. Add the parsley, mint, cinnamon, black pepper and allspice and the lemon juice to the rice mixture, stir and continue to simmer for a further 10 minutes.
8. Fill the prepared capsicums with the rice mixture, arrange the sliced tomatoes over the top of each then place upright in a large saucepan.
9. Gently pour in enough boiling water to come about 7.5cm/3-inches up the sides of the peppers, cover the pan with a lid and cook over a low heat for 30 minutes.
10. Carefully pour off the water and allow the peppers to cool before serving.

n:Contains nuts v:suitable for vegetarians ve:suitable for vegan Gu:Gluten wheat free Df:Dairy Free

