

TURKISH STUFFED PEPPERS

INGREDIENTS

8 green peppers
2 tablespoons olive oil
1 medium onion, finely diced
1 ½ cup canned crushed tomatoes
1 cup rice, washed
½ teaspoon allspice
2 tablespoons currants
¼ cup pine nuts
1 tablespoons of dried mint
1 teaspoon sweetener of your choice (sugar, rice syrup, agave syrup ...)
Salt and pepper, to taste
Fresh dill, chopped
1 tomato, for serving
Salted water or vegetable broth, as needed



DIRECTIONS

Fry the onion in olive oil for a few minutes. Add the diced tomatoes and simmer for 7-8 minutes over medium heat, stirring occasionally.

Add the rice and fry for a few minutes. Sprinkle with allspice, currants, pine nuts, dried mint, sweetener, salt, and pepper and cook 8-10 minutes until the rice is slightly softer on the outside, stirring often so that it doesn't burn. Remove the pan from heat and add dill.

Cut the top off each pepper and remove the seeds, wash peppers and place on a kitchen towel to drain.

Rub olive oil onto the outside of each pepper, then spoon the rice mixture into the peppers, leaving space at the top for the rice to expand. Cut the tomato into slices and place one inside the top of each pepper.

Place the peppers in a large saucepan so that they do not fall over. Fill the pot halfway with salted water or vegetable broth, making sure that the liquid does not get on the inside of the peppers.

Cover the pot and cook over medium heat until the liquid boils, then reduce heat and simmer for 40-45 minutes or until the peppers are tender. Carefully remove the peppers from the liquid and serve.

TURKISH DELIGHT

INGREDIENTS

1 cup water
2 cups granulated sugar
2 tablespoons light corn syrup
1/3 cup orange juice
2 tablespoons orange zest
2 (.25 ounce) envelopes unflavored gelatin
1/2 cup cornstarch
1/3 cup cold water
2 teaspoons vanilla extract
1/2 cup chopped pistachio nuts
confectioners' sugar for dusting



DIRECTIONS

Bring water, sugar, and corn syrup to a boil over medium-high heat in a large saucepan. Cook, stirring frequently, until the temperature reaches 240 degrees F (115 degrees C) on a candy thermometer. Set aside and keep hot.

Stir together orange juice and orange zest, sprinkle with gelatin, and set aside. In a small bowl, dissolve cornstarch in 1/2 cup cold water, then stir into hot syrup. Place over medium-low heat, and simmer, stirring gently, until very thick.

Remove syrup from heat, stir in orange juice mixture, vanilla, and pistachios. Sprinkle an 8x8-inch pan generously with confectioners' sugar. Pour the Turkish delight into the pan, and let cool in a cool, dry place (not the refrigerator) until set, 3 to 4 hours.

When cool, sprinkle the top with another thick layer of powdered sugar. Cut into 1-inch squares, and dredge each well with confectioners' sugar. Store at room temperature in an airtight container.