



Name of the Recipe: Stuffed Peppers

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Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something.



Ingredients:

1. 4 large peppers (capsicum)
2. 500 grs shelled corn
3. 1 box 200 cc wholecream
4. Grated parmesan cheese
5. Pepper
6. Garlic powder
7. Nutmeg

Optional:

1. Merkén (dried chili)

To prepare:

1. Wash and open peppers in half, remove nerves and pips.
2. Place on rack on the stove to brown. Remove from heat.
3. Mix the corn with the spice, add cream and plenty of parmesan cheese.
4. Place the peppers on a greased oven tin, stuff with the corn mixture, add more cheese.
5. Take to oven until golden brown.

Time in oven: 25 mins. at 150°C

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