

PRIMO ESTATE



Barchette di Peperone Tuscan Stuffed Capsicum

The intense black cherry fruit of the Primo & Co The Tuscan Shiraz Sangiovese which Primo Estate's Joe Grilli makes in Italy is the perfect pairing with this classic Tuscan dish of stuffed peppers.

Ingredients - Serves 6

6 Capsicum
JOSEPH Cold Pressed Extra Virgin Olive Oil
150g breadcrumbs
1 cup of milk
500g sausage meat (Tuscans use many different meats, including leftovers. We like pork)
2 cloves garlic, finely chopped
2 eggs

Method

Pre-heat the oven to 200°C. Cut the capsicum in half lengthwise and remove all seeds and pith. Brush the peppers with olive oil and place on a baking tray in the oven for 10 minutes, skin side up.

Put a handful of crumbs to one side for dressing and soak the remaining crumbs in milk for five minutes. Squeeze excess milk from the breadcrumbs and discard the milk.

Combine soaked bread in a bowl with garlic, eggs and meat. Loosely stuff the peppers with the mixture and sprinkle with the spare dry breadcrumbs. Pack the peppers into an oiled oven dish so they won't tip over. Drizzle with olive oil and cook for 20 minutes until golden.

Enjoy!

The Primo Team