



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Stuffed Green Peppers With Olive Oil

Zeytinyağlı Biber Dolması



30 green bell peppers
1 + 1/2 cup rice
3/4 cup olive oil
3 onions, big size
4 tomatoes, big size
1 tsp pepper paste
1 tsp black pepper
1 tbsp dried mint
10 parsley stems
2 cube sugar

For covering:
2 hard tomatoes

- # Rest the rice in warm water for about 15-20 minutes.
- # Slice the onion finely, sauté with olive oil for a few minutes, then add rice, and then sprinkle salt and black pepper on it.
- # When they get cooked partly, add 1 cup warm water and grated tomatoes.
- # Cook over medium heat until it absorbs all the liquid.
- # Just before removing from the stove add dried mint and finely sliced parsley stems, and cover the lid, rest it for a while.
- # By this way carve the peppers, wash and drain.
- # Stuff the peppers with the mixture, but do not stuff too hard. Cover with tomato slices.
- # Set into the pot, and add 2 cup warm water and 2 cube sugar. Cook over medium heat for about 30-35 minutes. Serve warm or cool.

Note: You can add pine kernels and currant into the stuffing.