



## **GEMISTA**

Serves 4

Nothing brings the flavour of late evening summer dining quite like gemista. Sweet peppers, tomatoes or courgettes stuffed with soft, fragrant rice and succulent meat. Just the smell of them bubbling in the pan takes you right back to softly lit tavernas, warm breezes and the sound of Athens drifting by at night.

### **Ingredients:**

4 firm bell peppers/beef tomatoes/courgettes (zucchini)

2 ripe tomatoes

150g minced beef/meat alternative

4 tablespoons of short grain rice

1/2 large onion

2-3 potatoes

Olive oil

Fresh mint

Fresh parsley

Dried oregano

Salt and pepper

### **Preparation:**

- Grate the ripe tomatoes into a large mixing bowl, add the beef/meat alternative and the rice. Combine thoroughly.
- Finely chop a small handful of the mint and parsley, dice the onion and add to the mix. Season with salt, pepper and the oregano to taste along with a tablespoon of olive oil and combine until evenly mixed. Set the mixing bowl aside.
- Slice off the top of your bell peppers and remove the seeds, discard the seeds but keep the tops of the peppers.
- Spoon the filling into each pepper, gently pressing the mixture in to make sure that each vegetable is well filled. Place the tops back on the peppers.
- Peel and slice the potatoes into bitesize pieces and place in the bottom of a medium, lidded saucepan. Place each vegetable into the saucepan using the potatoes to help keep them upright. Pour in 300ml of water and place on a stovetop at medium heat. Put the lid on the saucepan.

- Cooking time is approximately 1 hour, every 20 minutes lift the saucepan a little from the heat and rock it back and forth gently. Do not let the water boil dry so if you notice that the level is getting low top it up.
- When the meat/alternative is nice and dark and the peppers have started to wrinkle slightly, remove from the stovetop and set aside with the lid off.
- Using a ladle and a set of tongs, carefully remove the vegetables and potatoes and place on a plate. The vegetables will be really hot so allow to cool before eating.
- Gemista is excellent with Tzatziki and you could also add more seasonal vegetables into the pan along with the potatoes.
- Enjoy with friends and a bottle of chilled white wine like a Santorini Assyrtiko or a Sauvignon Blanc.

Καλη σας ορεχι!