

Menu Du Jour

29 Jan 2004

Mixed field greens, tomatoes, carrots, and onions
with balsamic vinaigrette

Bell Peppers with
Ground Beef, Brown Rice, & Chipotle



Field greens with tomato, carrots, and sliced onion

Balsamic Vinaigrette

2 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
1 tablespoon Dijon-style mustard
1 teaspoon granulated sugar
1 garlic clove, minced
1 teaspoon minced fresh parsley
1/2 teaspoon kosher salt
1/4 teaspoon cracked black pepper
3/4 cup extra virgin olive oil

In a medium bowl, whisk together all of the ingredients except the oil. Gradually whisk in the oil to form an emulsion and continue whisking until smooth. Allow dressing flavors to marry for one hour before use. Adjust seasonings to taste and serve.

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Bell Peppers with Ground Beef, Brown Rice, & Chipotle puree

Certainly, a classic dish but this version adds the heat of Chipotle peppers and a spicy tomato sauce. Any remaining stuffing mixture may be frozen for future use.

4 large Bell peppers
1 tablespoon olive oil
1 medium sweet onion, chopped
2 cloves garlic, chopped
1/2 teaspoon ground cumin
3/4 pound ground beef
1 (28-ounce) jar spicy tomato sauce
1 teaspoon black pepper
2 tablespoons Worcestershire sauce
1/2 teaspoon kosher salt
1 1/2 teaspoons Chipotle in adobo purée
1 1/2 cups cooked brown rice
2 cups (8-ounces) shredded Cheddar Jack cheese, divided

Preparing the peppers by cutting off the tops and scooping out the seeds and veins. Reserve the tops. In a large stockpot over high heat, blanch the peppers in boiling water for five minutes, remove, drain well, and allow to dry on a towel. Chop the reserved pepper tops.

Heat oil in large skillet over medium high heat, add onion, chopped pepper, and garlic and cook five minutes or until onion is softened. Stir in cumin and cook for two minutes. Add ground beef and cook until well browned. Remove from heat and drain well.

In a large mixing bowl, combine hamburger mixture, one cup of tomato sauce, Worcestershire sauce, black pepper, salt, and Chipotle purée. Stir in cooked rice and one cup of cheddar cheese.

Place the peppers in a one-quart casserole dish and spoon mixture into peppers.

Bake in a preheated 350° F. oven for about 40 minutes or until hot. Heat remaining sauce in a medium saucepan and keep warm.

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Chipotles in Adobo

10 medium-sized Chipotle chiles, stemmed and slit lengthwise
1/3 cup diced onion
1/3 cup cider vinegar
2 cloves garlic, minced
1/4 cup ketchup
1/4 teaspoon kosher salt

Combine all of the ingredients in a pan with three cups of water. Cover and cook over very low heat for 1 to 1 1/2 hours, until the chiles are very soft and the liquid has been reduced to one cup.

For Chipotle purée, place the cooked Chipotles and sauce in a blender and purée. Put through a fine sieve to remove seeds. Makes one cup.



Plate presentation

Using a slotted spoon, carefully remove stuffed pepper from casserole dish and plate on service plate. Spoon warmed sauce over pepper and sprinkle with 1/4 cup shredded cheese. Serve with side salad and crusty garlic bread.