KALI OREXI

sharing our Greek culinary heritage

Ruth's Stuffed Baby Peppers

From Ruth Bardis' cookbook Hellenic Kanella

You will need...

1 tablespoon fresh mint, finely chopped

2 teaspoons dried oregano, divided

315g feta, crumbled

680g baby or vine peppers

2 tablespoons Extra Virgin Olive Oil (EVOO)

Preparing the stuffed baby peppers

- Preheat the oven to 220°C
- Combine the feta, 1 teaspoon of dried oregano and mint in a bowl
- Make an incision from top to bottom on one side of each pepper, taking care not to cut all the way through the pepper
- Carefully open the peppers and spoon the mixture in – approximately 1 ½ teaspoons
- Place on a baking tray
- Drizzle the peppers with EVOO and sprinkle them with the remaining dried oregano
- Bake, uncovered, for approximately 10-12 minutes, turn them over and bake them for 10-12 minutes more, till they are golden brown

Serving the stuffed baby peppers

- Enjoy as an appetizer with a glass of your favourite tipple
- Kali Orexi!

Key Points

- Suggested Option: Add some fresh or dried chillies to the filling for a little bite

- Kephalonian Variation: Squeeze the juice of one lemon over the peppers before baking, for a little zing