

# Peperoni Imbotiti alla Barese

Stuffed Peppers from Bari

Serves 6

## Ingredients

Yellow bell peppers, ripe, 6

Bread crumbs, 100 gms

Knob of butter

Anchovy fillets, chopped, 8

Pickled capers, 50 gms

Pitted black olives. Chopped. 200 gms

Pine nuts. 30 gms

Parsley & basil, ½ tblsp

A pinch of nutmeg, Pepper. The usual oil.

Tomato puree diluted with a little cold water.

## Method

Preheat oven to 180°C

Briefly fry the breadcrumbs in butter

Half pepper lengthwise. Toast them on the grill (10mins) and immerse in a basin of cold water, remove seeds and arrange in a snug greased overproof pan.

Combine crumbs, anchovies, capers, olives, raisins, pine nuts, parsley and basil in a bowl, season with salt, pepper and nutmeg, sprinkle with oil and fill the peppers.

Season them with salt, pepper and a little oil; pour the diluted tomato puree into the pan until halfway up the peppers and place in the oven. Bake for about an hour.

They are also excellent cold.

