

Moroccan red peppers stuffed with beef, rice, currants + mint

This is a great recipe to illustrate the way Moroccan cuisine has mastered the ability to mingle sweet and savory flavors. If cinnamon and ground beef sound strange I encourage you to trust thousands of years of refining flavor. Moroccan cuisine is as complex and beautiful as the people themselves.

Makes 8 halves

Serves 8 people as a side or 4 as dinner. Makes amazing leftovers!

Directions

1. If you don't have cooked brown rice, start this right away!
2. Preheat the oven to 400°F
3. Halve the 4 peppers, remove seeds and membranes.
4. Rub halves with a drizzle of olive oil and a sprinkle of salt. Place on a baking tray and roast in the oven for 15 minutes.
5. Sauté onions and garlic in a drizzle of olive oil.
6. Add beef and cook through. Drain off fat if there is lots of juice.
7. Add all spices and stir.
8. Add the rest of the ingredients to the ground beef mixture.
9. Stuff halves with the mixture.
10. Return to the oven to finish baking for about 15 minutes.
11. Serve hot from the oven or room temperature. ■

Ingredients

- ½ red onion — small diced
- 5 cloves garlic — minced
- 1 lb lean ground beef
- 1½ teaspoons ground cumin
- 1½ teaspoons ground coriander
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 red peppers, halved + rubbed with olive oil
- 1.5 cups of cooked brown rice
- ⅓ cup currants (or golden raisins)
- ⅓ cup diced dried apricot
- 1 orange, zest + juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 bunch finely chopped fresh flat-leaf parsley
- 1 container chopped mint
- ½ cup slivered almonds, toasted (pistachios, pine nuts)