

Come Cook with Us – Jan 2023

Chinese Stuff Peppers

Portions: 6

Preparation Time: 35 min

Cooking Time: 10 min

Total Time: 45 min

Ingredients:

- 10 oz prawns (phosphate free if possible)
- 2 bell pepper (green & red) or eggplants
- 3 green onion stocks chopped – split
- cilantro (optional)
- 2 tsp minced garlic - split
- 1 tsp minced ginger
- 2 tbsp oil
- 1 tbsp sesame oil
- 1 tbsp cooking wine (optional)
- ½ tbsp black bean paste
- 2 ½ tsp cornstarch - split
- 1 ½ tsp sugar – split
- ½ tsp white pepper split (may be substituted with black pepper)



Instructions:

1. In a food processor, add chopped shrimp, 2 stocks chopped green onion, 1 tbsp corn starch, 1 tbsp water, 1 tsp minced garlic, 1 tsp minced ginger, 1 tbsp sesame oil, ½ tsp pepper and 1 tsp sugar (optional) and blend to a paste. You can also do this by hand with a knife.
2. Remove stems off the bell peppers and cut into 3-5 segments about the size for 2 bites, following the natural curve, being mindful that they need to hold the paste mixture. Note small bell peppers would work nicely as well.
3. Fill each pepper segment ensuring the paste covers to the edge of the pepper.
4. Heat a tablespoon of oil in a wok or non-stick skillet over medium high heat and place the peppers in the oil, stuffing side down with the lid on. Cook until they are browned, about 3 minutes. Occasionally wiggle the pan to ensure they don't stick.
5. Turn the peppers over to sear the bottoms about 2 more minutes, turning the heat down if they start to get too dark. Add 2 tablespoons of water to the pan, cover, and steam for another 2 minutes, or until the peppers are just tender. Then add the splash of wine and cover with lid and cook for 1 more minute. Set aside on a serving plate.
6. In a small bowl mix together sauce ingredients ½ tbsp black bean paste, ½ tbsp sugar, ½ tbsp cornstarch, and 4 tbsp water. In the same pan saute garlic until fragrant about 1-2 minutes, stirring occasionally being careful not to burn. Add the bowl sauce ingredients and cook until bubbly and thick enough to coat a spoon about 1 minute.
7. Serve sauce on the side of the peppers and garnish with chopped green onions and cilantro.

Adapted from *The Woks of Life*