

# Rassette Arts Festival

## RECIPES

### Classic Stuffed Bell Peppers

Serves 4 (*we have the option of buying three in a pack and bought two; we had enough filling following this recipe to have filled at least five if not all six, but the filling was also an amazing snack while waiting for it to cook. So yummy!*)

Note: When shopping for bell peppers to stuff, it is best to choose those with broad bases that will allow the peppers to stand up on their own. It is easier to fill the peppers after they have been placed in the baking dish because the sides of the dish will hold the peppers steady.

#### *Ingredients*

4 medium red, yellow, or orange bell peppers (about 6 ounces each), ½ inch trimmed off tops, cores and seeds discarded  
½ cup long-grain white rice  
1 ½ tablespoons olive oil  
1 medium onion, minced  
12 ounces ground beef, preferably 80 percent lean ground chuck  
3 medium garlic cloves, minced or pressed through a garlic press (about 1 tablespoon)  
1 (14.5 ounces) can diced tomatoes, drained, ¼ cup juice reserved  
5 ounces Monterey Jack cheese, shredded (about 1 ¼ cups)  
2 tablespoons chopped fresh parsley leaves  
Ground black pepper  
¼ cup ketchup

#### *Method*

1. Bring 4 quarts water to a boil in a large stockpot or Dutch oven over high heat. Add 1 tablespoon salt and the bell peppers. Cook until the peppers just begin to soften, about 3 minutes. Using a slotted spoon, remove the peppers from the pot, drain off the excess water, and place the peppers, cut side up, on paper towels. Return the water to a boil; add the rice and boil until tender, about 13 minutes. Drain the rice and transfer it to a large bowl; set aside.
2. Adjust an oven rack to the middle position and heat the oven to 350 degrees.
3. Meanwhile, heat the oil in a heavy bottomed 12-inch skillet over medium-high heat until shimmering. Add the onion and cook, stirring occasionally, until softened and beginning to brown, about 5 minutes. Add the ground beef and cook, breaking the beef into small pieces with a spoon, until no longer pink, about 4 minutes. Stir in the garlic and cook until fragrant (about 30 seconds). Transfer the mixture to the bowl with the rice; stir in the tomatoes, 1 cup of cheese, the parsley, and salt and pepper to taste.
4. Stir together the ketchup and the reserved tomato juice in a small bowl.
5. Place the peppers, cut side up, in a 9-inch square baking dish. Using a spoon, divide the filling evenly among the peppers. Spoon 2 tablespoons of the ketchup mixture over each filled pepper and sprinkle each with 1 tablespoon of the remaining ¼ cup cheese. Bake until the cheese is browned and the filling is heated through, 25 – 30 minutes. Serve immediately.

## Cream Scones

### *Ingredients*

2 C flour  
1 Tbsp baking powder  
3 Tbsp sugar  
½ tsp salt  
5 Tbsp butter, chilled and cut into ¼ in pieces  
½ C chocolate chips (optional)  
1 C heavy cream

### *Method*

Adjust oven rack to middle position and preheat oven to 425 F.

Place flour, baking powder, sugar, and salt in large bowl or food processor – mix. If doing by hand, use your fingertips or two knives to cut in butter until mixture resembles coarse meal. You can also use the food processor.

Stir in chocolate chips, if using.

Stir in heavy cream until dough begins to form, about 30 seconds.

Transfer dough and all dry, floury bits to countertop and knead dough by hand until it comes together. Form a rectangle with the dough then cut it into eight wedges. (Optional: you can coat the top of the wedge with cream and a touch of sugar).

Bake wedges until light brown in color, about 12-15 minutes. Cool for approx.. 10 minutes, serve warm or at room temp.

## **Creamy Pork Chops**

### *Ingredients*

4 Butterfly Pork Chops  
4 oz Cream Cheese cubed  
1/4 cup parmesan cheese, grated  
1/2 cup Chicken broth  
1/4 cup Balsamic vinaigrette  
1 TBSP Lemon juice, fresh squeeze preferred  
Herbs to taste

### *Method*

Pan fry Chops 8 to 10 min. each side or until thickest part at 160°. Remove from skillet and keep warm.

Add cream cheese, parmesan cheese, balsamic vinaigrette, and lemon juice. Scrape any brown bits from the bottom of the skillet. Stir and cook until well blended.

Return pork to skillet and heat thoroughly.

Sprinkle with favorite herb for Pork.

Serve with rice or mashed potatoes.

## Salmon with Blueberry Mango Salsa

### *Ingredients*

#### *Blueberry Mango Salsa*

1/3 C diced mango  
1/3 C blueberries  
2 Tbsp minced red onion  
2 Tbsp minced red bell pepper  
1 Tbsp minced fresh cilantro  
1 Tbsp fresh lime juice  
½ tsp minced jalapenos  
2 tsp cane sugar  
¼ tsp sea salt

½ tsp extra-virgin olive oil  
4 4-oz salmon fillets  
Pinch salt  
Pinch freshly ground black pepper

### *Method*

In a medium bowl, combine all ingredients for blueberry mango salsa. Lightly crush with a fork to release juices. Set aside.

Heat olive oil in a large sauté pan over medium-high heat. Season salmon with salt and pepper and sear for 3-5 minutes on each side, or until salmon is cooked through.

Serve each salmon fillet with ¼ cup of blueberry mango salsa.

## Speedy Sausage Stroganoff Tagliatelle

### *Ingredients*

20g unsalted butter  
olive oil, for drizzling  
6 pork sausages  
350g chestnut mushrooms, sliced  
1 tsp sweet smoked paprika  
300ml soured cream  
½ tbsp wholegrain mustard  
150ml beef stock  
400g dried tagliatelle  
small bunch parsley, chopped

### *Method*

Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausage meat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.