



STUFFED PEPPERS WITH RICE, SAUSAGE & CHEESE

INGREDIENTS

PEPPERS & FILLING

4 medium red and yellow bell peppers,
halved lengthwise and seeded (8 halves)
2 cups cooked rice
2 Italian sausages, removed from casings
½ medium yellow onion, finely diced (about
½ cup)
1 tbsp extra virgin olive oil (for sautéing)
1 large egg, lightly beaten
3 tbsp grated Romano cheese
½ cup shredded mozzarella
3 tbsp smooth tomato purée (just enough
to keep the filling moist)
Small handful fresh parsley, finely chopped
(about 2 tbsp)
Salt and freshly cracked black pepper

SAUCE & TOPPING

1 cup smooth tomato purée or tomato
sauce (for the base of the casserole
dish)
2 tbsp extra virgin olive oil, divided
2 tbsp grated Romano cheese
¼ cup panko breadcrumbs
Extra virgin olive oil, for drizzling

INSTRUCTIONS

Preheat the oven to 375°F.

Heat 1 tbsp olive oil in a skillet over medium heat. Add the diced onion and sauté until soft and translucent, about 4–5 minutes. Add the sausage meat and cook, breaking it up, until lightly browned and fully cooked. Remove from heat and allow to cool slightly.

In a large bowl, combine the cooked rice, sausage mixture, beaten egg, Romano cheese, shredded mozzarella, tomato purée, parsley, and season with salt and freshly cracked pepper. Mix gently until well combined.

Spread 1 cup of tomato purée evenly over the bottom of a casserole dish large enough to snugly fit the pepper halves. Drizzle with olive oil to flavour the base sauce. Generously fill each pepper half with the rice mixture, mounding slightly. Arrange the peppers in the casserole dish.

Sprinkle the tops with Romano cheese and panko breadcrumbs, then drizzle with extra virgin olive oil.

Cover the dish with parchment paper, then foil. Bake for 35 minutes in the preheated oven. Remove the foil and continue baking for an additional 15–20 minutes, until the peppers are tender and the tops are golden and crisp.

Optional: If there is remaining rice mixture, transfer it to a small casserole dish. Top with extra shredded mozzarella, a light sprinkle of panko breadcrumbs, and a drizzle of EVOO. Bake at 375°F for 20–30 minutes, depending on dish size, for a comforting and delicious side dish or meal.

TWO SISTERS



ORECCHIETTE WITH RAPINI AND GUANCIALE

INGREDIENTS

450 g dried Italian artisanal orecchiette
1 large bunch rapini (or 2 small bunches), washed and trimmed
250 g Italian guanciale, cut into small strips or cubes
3 tbsp extra virgin olive oil, plus additional set aside
2 cloves garlic, peeled and halved
Dried chilli flakes, optional
3 tbsp grated Parmigiano Reggiano
Salt and freshly cracked black pepper

DIRECTIONS

Prepare the rapini by washing thoroughly. Trim off the tough ends and cut thicker stems in half.

Bring a large pot of salted water to a boil. Blanch the rapini for 3–4 minutes, until tender but still bright green. Using a spider strainer, transfer the rapini to a bowl to cool. Do not discard the residual water clinging to the rapini, as it will be used for puréeing. Reserve the blanching water to cook the orecchiette.

In a large, heavy-bottomed pan (large enough to hold the cooked pasta and rapini), add the guanciale. Over medium-low heat, cook slowly, stirring every few minutes, allowing the fat to render and the guanciale to turn golden and crisp, about 8–10 minutes. Remove and set aside.

Remove about $\frac{1}{3}$ of the cooled rapini, cut into 3 pieces, and set aside. Place the remaining rapini with its residual liquid into a blender and blend just until creamy. Do not over-blend. Add a small amount of the reserved cooking water if needed to loosen. Set aside.

Begin cooking the orecchiette according to package instructions in the reserved boiling water used to cook the rapini.

In the same pan used for the guanciale, add 2 tbsp olive oil. Add the garlic and dried chilli flakes, if using, and cook gently over medium-low heat until fragrant. Add the rapini purée and the chopped rapini, stirring to combine.

Remove and discard the garlic.

When the orecchiette are al dente, transfer them directly into the rapini using a spider strainer, allowing some pasta water to mix into the rapini “sauce.” Sprinkle in the Parmigiano Reggiano and add the reserved guanciale.

Stir gently to combine, adding additional pasta water as needed to loosen the sauce. Season with salt and freshly cracked pepper. Serve immediately.

WINE PAIRING

2020 Cabernet Franc

The savoury, earthy, and slightly bitter profile of the rapini, combined with the saltiness of the guanciale, is complemented by Cabernet Franc’s herbal notes and vibrant acidity. The wine’s freshness cuts through the richness of the guanciale, while its soft tannins enhance the dish without overwhelming the vegetables.

TWO SISTERS