



## Full Belly Farm

*Fresh, delicious veggies fruits and nuts*

CCOF Certified Organic since 1985

P.O. Box 251 • Guinda CA 95637

belly@fullbellyfarm.com • www.fullbellyfarm.com

---

### RECIPES FOR PEPPERS

*These recipes updated 4/15/2011*

---

#### **Jimmy Nardello Roasted Pepper Salad**

From 9/08

- 1/2 lb. Jimmy Nardello Roasted Peppers
- 3 ears of corn with kernels removed
- 3 T white balsamic vinegar
- 3 T olive oil
- 1/2 salt
- 1/4 t black pepper
- 2 T chopped fresh basil

Jimmy Nardello peppers are a wonderful balance of sweet and savory. They are simple to roast or grill: Remove the stems and seeds. Preheat the broiler. Put the peppers, skins up, in an oiled, shallow baking pan. If you wish you can lightly oil the peppers as well. Broil them 2 inches from the heat until softened. You do not need to remove the skins after roasting. Cut the peppers lengthwise into ¼ inch strips. Add the uncooked corn kernels. To complete the salad, toss together the remaining ingredients and let stand, covered, 1 hour for flavors to develop.

---

#### **Roasted, Marinated Peppers**

From 8/07

We want to remind you one more time how to roast the peppers, it is such a wonderful way to enjoy them. Place the peppers in a broiler, or over a gas burner and turn the heat to high. Broil until the skins have blackened and blistered, using metal tongs to turn the peppers and cook them evenly. When they're blackened all over, put them in a covered bowl and allow the steam to lift off the skin. After 15 minutes, scrape off the skin and discard the stems, veins and seeds. Slice the peppers into strips and marinate them in salt, olive oil and vinegar. Add them to your salads, quesadillas or sandwiches!

## **Gypsy Peppers Stuffed with Tomatoes and Basil**

From 7/08

4 Gypsy Peppers  
½-pound tomatoes  
1 medium onion  
1 cup packed fresh basil leaves  
3 garlic cloves  
Olive oil

Preheat oven to 425° and lightly oil a large shallow baking pan.

Halve the peppers lengthwise and discard the seeds and ribs. Arrange the peppers, cut sides up, in the baking pan and lightly oil the cut edges and stems.

Chop the tomatoes, onion and basil. Finely chop the garlic and toss it all together with 2 T oil, and salt and pepper. Divide the mixture among the peppers and roast in the upper third of the oven until the peppers are tender, about 20 minutes.

---

## **Jimmy Nardello's Peppers**

From 11/2008

These heirloom peppers are also called sweet Italian frying peppers, great for frying, not really known for roasting. They cook quickly, sautéed in a bit of butter or oil. They are especially good if you take time to split each pepper and remove the seeds and stem. Start them in a high heat in a heavy pan to get a bit of brown color on the skins, then cover them and lower the heat. Dress them up for antipasto, eat them straight, or store them in the refrigerator.

---

## **Stuffed Red or Yellow Peppers**

From 2009

4 large or 6 medium red, gold or yellow sweet peppers (like Marconi!)  
6 ears white corn shucked  
1 tablespoon extra-virgin olive oil  
1 cup chopped onion  
2 garlic cloves, minced  
2 cups sliced mushrooms

1/2 pound cherry tomatoes  
1 poblano, jalapeno, serrano, or habanero pepper, chopped (you can add whatever quantity of hot pepper you like. If you don't have them fresh, you can get dried hot peppers in most grocery stores.)  
2 teaspoons ground cumin  
1 1/2 tablespoons fresh oregano  
Freshly ground black pepper to taste  
3 cups grated mozzarella cheese (1/2 lb)

Cut an opening into the side of each pepper and clean out the seeds and membranes. Set them aside. Preheat the oven to 325 degrees. Cut the kernels off the corn. You should have about 3 cups. If some of the cherry tomatoes are larger, slice them in halves.

In a large saucepan, heat the olive oil, add the onion, garlic, mushrooms and hot pepper and saute for 10 minutes. Add the corn kernels, cumin, oregano, salt, and pepper, and cook for another 5 minutes. Remove the sauce pan from the heat and stir in the cheese and cherry tomatoes.

With a teaspoon stuff the hollowed peppers. Place them close together in a greased baking dish. Bake them for about 45 minutes. Serves 4 to 6.

---

## **Aji Peppers**

*From 2009*

The flesh of these Aji Peppers will add a wonderful, rich flavor to your sauces of stir fry dishes. They are spicy and sweet at the same time. While the majority of the seeds aren't hot, there is quite a bit of variability and about 15% of the peppers have VERY hot seeds. We strongly recommend that unless you want spicy hot in your dish, *you remove the seeds before you use the peppers.*

The seeds to grow these peppers came from New Mexico -- friends of ours saved seed from plants that did well there. The peppers are a great source of vitamin C, A and B6. Here are some cooking ideas.

1. Halve the peppers, remove the seeds, chop up the flesh and add to your greens.
2. Dry the peppers in a warm, dry place on a rack. Once they are fully dried, grind

them up in your coffee maker and you will have chile powder.

**3.** Marinate the peppers. Halve them, remove the seeds and cut them into long slices. Find a marinade recipe -- it will probably include garlic, wine vinegar, olive oil and other flavorings. Pack the peppers in the marinade and refrigerate. They will keep for months this way and you can pull them out to use in salads and on sandwiches.

**4.** Grill or roast the peppers after removing the seeds. Coat them with a bit of olive oil and salt. Grilling peppers until the point just before they burn always brings out their sweetness.

**5.** Stir fry the peppers. This is a variation of #1, above, but it makes these beautiful red peppers more the center of attention. We found that a lemon-parsley cream sauce over the peppers was delicious.

---

### **Salsa de Chile Colorado**

Recipe thanks to *Rachel Dixon*, Full Belly Farm

*From 2009*

History tells us that a California rancher, Emilio Ortega, traveled to New Mexico in 1889 to try raising cattle. During the six years that he lived there, he became interested in locally grown peppers and when he returned to Oxnard California, he took seeds with him and started a cannery in Anaheim. Over the years, several horticulturalists selected one of the pepper varieties for longer, larger, fleshier, smoother pods that developed into the Anaheim type we know today.

The Anaheim is usually the pepper that is strung into ristras and hung to dry after the harvest. It is also used when fresh to make chile relleno. If the green pods have been roasted, peeled and dried, they are called chiles pasados. The red ones, like those in your box, are sometimes called chiles colorados or chiles de las tierra.

We highly recommend the following easy-to-make red chile sauce. It can be added to many different dishes and is a beautiful deep orange color (the color alone makes it worth the effort). If you have plans to make carnitas, this is the sauce to use for soaking the meat. If you are concerned that it will be too spicy for your family, you can reduce the spiciness by removing all of the pepper seeds, or moderate the spiciness by adding extra stock (last step).

**Note:** After handling spicy peppers it is always a good idea to wash your hands. If

you forget and later rub your eyes, it may burn sensitive skin.

4-5 medium or 6 smallish dried Anaheim peppers  
Olive Oil Medium-sized onion, diced  
3 or 4 cloves garlic, minced  
3 T flour  
1 t cumin  
1 t minced oregano  
Salt, pepper  
2 - 3 cups chicken or veggie broth

Cut open the chiles, shake out the seeds and heat them briefly face down in a deep pan to bring out the flavor. Add water, just enough to cover and simmer for 20 minutes. Cool the water (don't drain it!) Once cool, blend it up.

Saute the onion and garlic in olive oil. Sprinkle in the flour to brown. Add the cumin, oregano, salt and pepper. Cook, stirring for 5 minutes. Next, add the pepper mix slowly, whisking while you add. Finally, add 2 - 3 cups of chicken or veggie broth and simmer for 20 minutes.

---

## **Ancho Pepper Salsa**

*From 2/2011*

These peppers are both sweet and spicy – but not too spicy. They have a very rich flavor. We use them to make a wonderful bright red sauce for chips and raw vegetable snacks. They can also be used to flavor many different dishes, such as soups or chili beans.

Here's our recipe for a mild ancho pepper hot sauce:

1. Slice the ancho peppers from your box lengthwise, cut off the caps and discard the seeds.
2. Cut the peppers into strips, put them in a small bowl and cover them with boiling water – no more than you need to cover.
3. Soak the peppers for 30 minutes.
4. Pour the ancho peppers and water into a food processor or blender.
5. Add 1 1/2 cups of chicken or vegetable stock, one caramelized Cippolini onion, and salt and pepper.
6. Blend well.

Note: Avoid touching your eyes while chopping peppers. Wash your hands afterwards.

