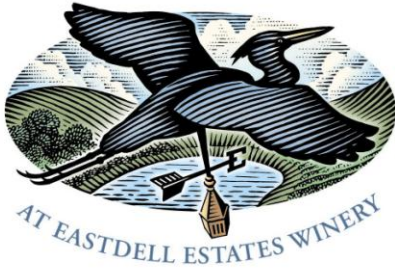


# THE VIEW

RESTAURANT



## Risotto Stuffed Red Peppers

*Presented by Chef Thomas King  
The VIEW Restaurant at EastDell Estates Winery*

**Prep Time:** approximately 1 hour **Serves:** 8

### Ingredients:

2 lbs Italian Sausages

4 large eggs

2 cups Italian risotto rice

½ to 1/3 cups dry bread crumbs

1 ½ cups cheese, grated

8 large red bell peppers, halved and seeded

3 tbsp parsley, chopped

2 tbsp olive oil

2 cloves garlic, minced

1 can tomato sauce

Salt and pepper to taste

Parmesan cheese, grated

### Preparation:

Slice sausage casing and crumble contents; cook over medium heat until nicely browned. Drain excess fat and discard; set aside meat in a large bowl. Cook rice according to package instructions; let stand for 10 minutes. Add rice to bowl with sausage; stir in cheese, parsley, garlic, salt, pepper and eggs. Combine and add enough bread crumbs to bind mixture. Firmly press stuffing into peppers; heat oil in large skillet over medium heat, and cook peppers, skin side down, for 5 to 7 minutes. Flip and cook for an additional 8 to 10 minutes. Serve warm, topped with heated tomato sauce and sprinkled with parmesan cheese.

Enjoy with a glass of *VQA Dan Aykroyd Cabernet Merlot, Niagara, Canada*  
Available at the LCBO (750ml, \$14.95). (*\$1.00 off until January 1, 2011*)